

HIGHLIGHT OF THIS ISSUE

Intimate Partner Violence and Depression among Sexual and Gender Minorities in Nepal

Introduction:

This study highlights the severe, under-researched mental health impact of intimate partner violence (IPV) on sexual and gender minorities (SGMs) in Nepal.

Key Message:

Lifetime IPV rates are alarmingly high—emotional (81.1%), physical (59.8%), and sexual (36.9%)—driving moderate-to-severe depression in 33.6% of those affected. Expanding affordable, LGBTQIA+-friendly mental health services is critical to overcoming existing structural barriers.

Methodology:

A cross-sectional mixed-methods study of 122 SGMs in Kathmandu utilized respondent-driven sampling, combining quantitative prevalence data with qualitative exploration of healthcare barriers.



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Roundup Summary

In May 2026, our search on non-communicable diseases and mental health-related literature in Nepal yielded twenty six published articles. Most of the studies covered non-communicable diseases, mental health, substance abuse, COPD and Heart health.

Geriatric Mental Health Care in Nepal: Psychosocial Aspects

DOI: https://link.springer.com/rwe/10.1007/978-981-95-2121-0_10

Context: Aging is a natural process, and Nepal, like many other Southeast Asian countries, is experiencing a steady rise in its geriatric population (defined as citizens aged 60+ under the Senior Citizen Act of Nepal, 2006). Mental disorders and psychosocial problems among older people represent a growing public health concern in Nepal, driven by factors such as increasing prevalence of mental health issues, limited resources, lack of awareness, family fragmentation, and social stigma.

Methodology: This is an overview chapter (not an empirical study). It aims to review and synthesize available information on the prevalence of mental health and psychosocial problems in Nepal's older population, examine existing initiatives by government, non-government, and other organizations, and formulate recommendations for public health and welfare approaches.

Key message: Urgent action is needed by all stakeholders to address the specific mental health and psychosocial needs of Nepal's aging population. The chapter highlights current challenges and calls for effective strategies to prevent, treat, and manage these issues through improved awareness, resources, policy, and community support.

Burnout among resident doctors at Pokhara Academy of Health Sciences

DOI: <https://doi.org/10.3126/jpan.v15i1.93483>

Context: Burnout among doctors, particularly resident doctors, is a critical issue linked to poor clinical decisions, medical errors, hostile patient interactions, strained workplace relationships, depression, anxiety, substance misuse, and even suicide. This is especially relevant in high-pressure training environments with heavy workloads.

Methodology: A cross-sectional study was conducted among 63 resident doctors at Pokhara Academy of Health Sciences (PoAHS) using a self-structured demographic proforma and the Copenhagen Burnout Inventory (CBI) to measure Personal, Work-Related, and Client-Related Burnout. Data were analyzed using descriptive statistics.

Key message: Resident doctors at PoAHS experience moderate to high levels of burnout, with Work-Related Burnout being the highest. Long working hours, night duties, low stipends, and workplace violence are major contributors. Urgent systemic interventions such as workload reduction, better remuneration, and mental health support are needed.

Knowledge, Attitude, and Practice Regarding Chemotherapy among Cancer Patients in a Tertiary Care Centre: A Descriptive Cross-Sectional Study

DOI: <https://doi.org/10.3126/njc.v10i1.93747>

Context: Cancer patients undergoing chemotherapy require good knowledge and self-care practices for optimal treatment outcomes, yet gaps in understanding and adherence remain a challenge, particularly in resource-limited settings like Nepal.

Methodology: A descriptive cross-sectional study was carried out at a tertiary care hospital in Chitwan, Nepal (January–June 2024) among 110 cancer patients using convenience sampling. Data on knowledge, attitude, and practice regarding chemotherapy were analyzed using SPSS v20 with descriptive statistics and 95% confidence intervals.

Key message: Most patients had poor knowledge (81.82%) and poor self-care practices (60.91%) regarding chemotherapy, despite a largely neutral attitude and strong willingness to receive health education. Targeted educational interventions are essential to improve patient outcomes.

Care Burden among Family Caregivers of Children with Cancer at Pediatric Oncology Unit of Tertiary Cancer Hospital of Nepal

DOI: <https://doi.org/10.3126/njc.v10i1.93741>

Context: Pediatric cancer imposes a significant caregiving burden on family members, leading to negative physical, emotional, and social consequences for parents and caregivers. The chronic nature of the disease creates continuous demands that severely impact caregivers' overall well-being.

Methodology: A descriptive cross-sectional study assessed care burden among 100 family caregivers of children with cancer at B.P. Koirala Memorial Cancer Hospital, Chitwan, using the modified Zarit Care Burden Interview Scale and purposive sampling. Data were analyzed with descriptive and inferential statistics in SPSS v22.

Key message: Nearly all caregivers experienced care burden (41% moderate, 28% high). Burden levels were significantly associated with relationship to the patient and family economic status. Family-

centered support services and targeted interventions are urgently needed to alleviate caregiver burden and improve their well-being.

Knowledge and Attitude regarding Oral Cancer among Proficiency Certificate Level General Medicine Students in Bharatpur, Chitwan, Nepal

DOI: <https://doi.org/10.3126/njc.v10i1.93724>

Context: Oral cancer is highly prevalent globally. Medical students, as future primary healthcare providers, play a key role in early detection through awareness of oral mucosal changes and timely referral.

Methodology: A descriptive cross-sectional study was conducted among 114 General Medicine students in Bharatpur, Chitwan, Nepal, using a self-administered structured questionnaire. Data were analyzed with SPSS v22 using descriptive and inferential statistics.

Key message: Only slightly over half of the students had good knowledge (56.1%) and positive attitude (57.9%) toward oral cancer. Knowledge and attitude levels need substantial improvement through enhanced educational efforts. Concerned authorities should strengthen oral cancer education for medical students who will serve as primary health care providers.

Depression among older parents' and their associated factors after adult children's migration: A mixed method study in an urban setting of Kathmandu Metropolitan City

DOI: <https://doi.org/10.1371/journal.pmen.0000239>

Context: Nepal's older population (aged 60+) is growing (10.21% in 2021 census), alongside high outmigration of adult children. This "empty nest" phenomenon can negatively affect parental mental health, including increased risk of depression and loneliness, despite possible financial benefits.

Methodology: A cross-sectional mixed-methods study was conducted among 140 empty-nest older parents (aged 60+) in Kathmandu Metropolitan City using the Geriatric Depression Scale for quantitative assessment and thematic analysis of 21 in-depth interviews. Regression analysis was performed.

Key message: Nearly half of empty-nest older parents experienced depression. Single/widowed parents face significantly higher risk (28.3 times higher odds). Policies and programs supporting psychological well-being of older parents affected by adult children's migration are critically needed.

Pattern of Disability and its Relationship with Disease Related Physical Involvement, Stigma, and Mental Health Status among People Living with Leprosy

DOI: <https://doi.org/10.3126/njdvl.v24i1.81138>

Context: Leprosy causes long-term disability and is often compounded by stigma and mental health challenges, particularly in segregated communities in low-resource settings like Nepal.

Methodology: A cross-sectional descriptive study was carried out among 119 residents of a leprosy colony in Khokana, Nepal. Tools included the SARI Stigma Scale, Hospital Anxiety and Depression Scale (HADS), and WHO Disability Assessment Schedule 2.0 (WHODAS 2.0). Non-parametric tests were used for associations.

Key message: Disability was highest in social domains (“getting along”) and strongly linked to physical impairments and mental health symptoms rather than stigma. Comprehensive care approaches that address both physical and psychological aspects of disability in leprosy are strongly recommended.

Symptom presentation, perceived causes, and help-seeking practices among adults receiving depression or anxiety care in Nepal: A qualitative study

DOI: <https://doi.org/10.1371/journal.pone.0347605>

Context: In Nepal and other low-resource settings, cultural norms influence how depression and anxiety are experienced and treated, with many preferring traditional healers over formal mental health services.

Methodology: A qualitative study using the adapted McGill Illness Narrative Interview (MINI) was conducted with 24 adults receiving care for depression or anxiety in three districts of Nepal. Thematic analysis was performed using NVIVO software.

Key message: Patients experience a mix of emotional, somatic, and dissociative symptoms influenced by cultural interpretations. Treatment-seeking is shaped by education and caste. Culturally sensitive, community-based mental health programs are essential to reduce stigma and improve equitable access to care.

Heat Stress and Non-Traditional Chronic Kidney disease (CKDnt) Among Nepali Migrant Workers:A Climate-Sensitive Global Health Perspective

DOI: [10.7759/cureus.108607](https://doi.org/10.7759/cureus.108607)

Context: Climate change-driven heat exposure is increasing the risk of chronic kidney disease of non-traditional origin (CKDnt) among outdoor manual laborers, including Nepali migrant workers in GCC countries facing harsh working conditions with limited protections.

Methodology: This is a perspective article synthesizing pathophysiologic mechanisms, epidemiologic evidence, qualitative data on working conditions, and policy analysis, drawing comparisons with other global CKDnt hotspots.

Key message: CKDnt among Nepali migrant workers results from the intersection of climate change, occupational heat stress, and labor exploitation. Urgent policy reforms, better heat-protection protocols (including WBGT), renal screening, and international recognition of CKDnt as an occupational disease are required.

Study of stress and anxiety on quality of life

DOI: <https://doi.org/10.61814/jkahs.v9i1.1196>

Context: Stress and anxiety significantly impair quality of life (QoL), yet localized evidence on their relationship in psychiatric patients in Nepal is limited, especially in tertiary care settings.

Methodology: A cross-sectional analytical study among 262 psychiatry patients at Biratnagar, Nepal, used PSS-10 (stress), HAM-A (anxiety), and WHOQOL-BREF (QoL). Pearson correlation, ANOVA, and multiple linear regression were applied.

Key message: Psychiatric patients showed high levels of perceived stress and severe anxiety, with stress negatively affecting psychological and social QoL domains. The study highlights the need for holistic interventions addressing stress in mental health care and calls for further research incorporating additional variables.

Sweet Poison, Bitter Reality: The Unseen Diabetes Epidemic Among Nepal's Youth

DOI: <https://thehealththread.com/articles/nepal-youth-diabetes-emergency>

Context: Diabetes, traditionally viewed as a disease of the elderly in Nepal, is rapidly emerging as a crisis among youth and young adults. Changing lifestyles, urbanization, delayed diagnosis, cultural stigma, and limited health literacy are driving high rates of complications and emergencies like Diabetic Ketoacidosis (DKA), particularly in regions like Eastern Nepal.

Methodology: This perspective/review article synthesizes findings from multiple studies conducted

at institutions like B.P. Koirala Institute of Health Sciences (BPKIHS) and Patan Hospital. It draws on clinical data, autoantibody profiles, lived experiences, health literacy assessments, and maternal outcomes to highlight the youth diabetes epidemic.

Key message: Nepal faces an urgent, under-recognized diabetes emergency among its youth, with late diagnoses, high complication rates, and sociocultural barriers exacerbating the burden. Immediate actions needed include community awareness campaigns on early symptoms, expanded free insulin programs, school health support, and Nepal-specific education in local languages to prevent complications and save lives.

Medication adherence and quality of life among patients with chronic obstructive pulmonary disease of a tertiary-level hospital

DOI: <https://nepjol.info/index.php/jkahs/article/view/93994>

Context: Chronic Obstructive Pulmonary Disease (COPD) is a leading cause of mortality globally and significantly impairs quality of life. In Nepal, understanding the interplay between medication adherence and quality of life is crucial for improving patient outcomes in resource-limited settings.

Methodology: A descriptive cross-sectional study was conducted among 96 COPD patients at a tertiary hospital in Kathmandu using convenience sampling. Data were collected via face-to-face interviews with the Nepali-validated General Medication Adherence Scale and St. George's Respiratory Questionnaire (SGRQ-C), analyzed using descriptive and inferential statistics including Pearson correlation.

Key message: Most COPD patients demonstrated high medication adherence (84.4%), yet quality of life remained limited, especially in the activity domain. No significant correlation was found between adherence and QoL. Behavior modification programs and holistic support are essential to address daily activity limitations and improve overall well-being.

Knowledge, clinical preparedness, and stigma as predictors of career intentions in mental health nursing among nursing students in Nepal

DOI: <https://link.springer.com/article/10.1186/s12912-026-04729-2>

Context: Stigmatizing attitudes toward mental illness among health professional students can affect future practice and worsen mental health workforce shortages. In Nepal, understanding nursing students' attitudes and career intentions in mental health is vital for strengthening services.

Methodology: A cross-sectional census study surveyed all 287 Bachelor of Science in Nursing (BSN) students from two institutions in Pokhara using a modified Mental Health Nurse Education Survey. Validity and reliability were assessed, and associations were analyzed with Mann-Whitney U tests, Spearman correlations, and multivariable linear regression.

Key message: Nursing students held generally positive attitudes toward mental health nursing, but only 24% intended to pursue it as a career. Knowledge/preparedness, clinical preparedness, and lower stigma were key predictors. Targeted education to reduce stigma and enhance preparedness is needed to boost career interest in mental health nursing.

Impact of SEE Examination Results on Student Mental Health, Family Pressure, and Suicidal Tendencies in Nepal

DOI: https://papers.ssrn.com/sol3/papers.cfm?abstract_id=6758938

Context: The Secondary Education Examination (SEE) in Nepal creates immense psychological pressure on adolescents, often termed the 'Iron Gate,' contributing to mental health deterioration, family stress, and post-result suicide spikes.

Methodology: This mixed-methods research monograph analyzed data from 2019–2024 across seven provinces, including structured interviews with 3,847 students, 1,204 parents, and 312 teachers, plus quantitative surveys from 12,500 respondents. Statistical correlations and thematic analysis were used.

Key message: Poor SEE performance is strongly linked to anxiety, depression, and suicidal ideation, with notable post-result suicide clustering. Socioeconomic, familial, and systemic factors heighten risks. Urgent reforms in examination systems, school counseling, and family support programs are recommended to protect adolescent mental health.

Intimate Partner Violence and Depression among Sexual and Gender Minorities in Nepal: Challenges and Recommendations for Mental Health Services

DOI: <https://doi.org/10.1177/27551938261442798>

Context: Intimate Partner Violence (IPV) and depression among sexual and gender minorities (SGMs) are understudied in Nepal despite their significant impact on mental health and access to services.

Methodology: A cross-sectional mixed-methods study recruited 122 SGMs in Kathmandu (Feb–May 2024) via respondent-driven sampling. Quantitative data on IPV and depression were collected via QualtricsXM, with bivariate regression and qualitative exploration of barriers.

Key message: High lifetime IPV prevalence (emotional 81.1%, physical 59.8%, sexual 36.9%) and moderate-severe depression (33.6%) were found, with a strong positive relationship between IPV and depression. Structural barriers limit mental health access. Expanding LGBTQIA+-friendly, affordable, and online services is critical.

Prevalence and determinants of anxiety, depression, and suicidal ideation among adolescents of Parbat District: A cross-sectional study

DOI: <https://doi.org/10.1371/journal.pmen.0000613>

Context: Adolescence involves rapid changes increasing vulnerability to anxiety, depression, and suicidal ideation — major contributors to youth disability and mortality. Localized evidence from Nepal remains limited.

Methodology: A cross-sectional study in August 2024 surveyed 304 grades 11–12 students in Parbat District using validated tools (GAD-7, PHQ-9, SBQ-R). Multivariable logistic regression identified associated factors.

Key message: Prevalence of anxiety (36.5%), depression (17.4%), and suicidal ideation (7.6%) is substantial. Female gender, non-Hindu religion, poor academic performance, childhood trauma, and prior mental health issues are key risk factors. School-based early interventions targeting vulnerable adolescents are urgently required.

Sports-based mental health promotion for adolescents in rural Nepal: A pilot cluster-randomised controlled trial

DOI: <https://doi.org/10.1371/journal.pgph.0005991>

Context: Adolescent mental health disorders pose a heavy burden in low- and middle-income countries. Sports-based interventions offer potential for promotion, but rigorous evidence from such settings is scarce.

Methodology: A parallel-group, two-arm superiority pilot cluster-randomized controlled trial tested a 10-month intervention (football, dance, martial arts, community events) versus sport-as-usual among adolescents in four clusters in Nepal. Pre/post surveys (n=440/403) assessed multiple mental health outcomes with fidelity and cost analysis.

Key message: The community sport-based intervention proved feasible with good attendance and fidelity. It showed promising moderate improvements in depression, anxiety, and social support. Cost-

effective and scalable programs like this warrant progression to a full-scale trial to reduce mental health inequities.

Biochemical composition and demographic distribution of kidney stones: a hospital-based cross-sectional study in Eastern Nepal

DOI: <https://doi.org/10.1186/s12882-026-05030-9>

Context: Nephrolithiasis (kidney stones) is rising in Nepal due to dietary and climatic factors, straining healthcare. Understanding stone composition aids localized prevention and management.

Methodology: A descriptive cross-sectional study at B.P. Koirala Institute of Health Sciences (BPKIHS), Dharan, analyzed chemical composition of stones from 111 surgical patients using qualitative inorganic techniques. Chi-square tests examined associations with demographics and biochemical markers.

Key message: Calcium oxalate was the most common stone type (59.5%), with male predominance and peak in 31–45 age group. Urinary pH significantly influenced composition. Routine stone analysis and pH monitoring are essential for targeted prevention and personalized care in Eastern Nepal.

Prevalence and determinants of rheumatic heart disease among school-going children in Dhanusha district, southern Nepal: a cross-sectional echocardiographic screening study

DOI: <https://doi.org/10.64898/2026.05.15.26353362>

Context: Rheumatic Heart Disease (RHD) is a preventable cause of cardiac death in children in low-resource countries like Nepal. Subclinical cases are often missed by auscultation alone.

Methodology: A cross-sectional echocardiographic screening study (2023–2024) using 2012 WHF criteria examined 4,536 school children (6–16 years) in Dhanusha district via four-stage cluster sampling. Random-effects logistic regression assessed predictors and clustering.

Key message: RHD prevalence was high (18.7/1,000), with two-thirds subclinical and higher in girls. Female sex was the main predictor, with significant school-level clustering. Echocardiographic screening in schools is recommended to detect and manage this hidden burden effectively.

“A chance to open my heart”: Protective factors for mental health in left-behind family members of Nepalese labor migrants and their implications for future psychosocial interventions

DOI: <https://doi.org/10.1371/journal.pgph.0006459>

Context: Labor migration is common in Nepal, but psychosocial effects on left-behind family members are underexplored despite impacts on emotional and social well-being.

Methodology: A qualitative study using a modified phenomenological approach conducted in-depth interviews (n=18) and focus groups (n=11) with left-behind family members in Chitwan District. Thematic analysis via Dedoose identified coping mechanisms and role changes.

Key message: Left-behind families experience loneliness, anxiety, and shifted responsibilities, alongside resilience and some financial benefits. Coping through religion, exercise, and social media helps. Further research on resilience factors can inform supportive interventions for these families.

Association of postpartum depression and social support with parenting self-efficacy among postpartum women in Nepal

DOI: <https://doi.org/10.1186/s12884-026-09263-2>

Context: Parenting self-efficacy (PSE) during the postpartum period is influenced by maternal mental health and social support, with implications for infant development in Nepal.

Methodology: A cross-sectional study recruited 128 postpartum women (1–6 months) at immunization clinics in Kathmandu using standardized scales (Edinburgh Postnatal Depression Scale, Karitane PSE Scale, etc.). Linear regression analysis was performed in STATA.

Key message: Postpartum depression negatively affects parenting self-efficacy, while strong social support from family and friends positively enhances it. Early PPD screening and strengthened postpartum social support programs are vital for improving maternal confidence and child outcomes.

Psychological symptoms and associated psychosocial factors among fathers attending a tertiary children’s hospital in Nepal

DOI: <https://doi.org/10.1371/journal.pgph.0006535>

Context: Paternal mental health in Nepal receives little attention, despite potential effects on family functioning and child development.

Methodology: A cross-sectional analytical study at Kanti Children's Hospital, Kathmandu, surveyed 312 fathers of children under two using DASS-21 and other psychosocial questionnaires. Multivariate logistic regression identified predictors.

Key message: Most fathers reported low psychological distress, but stressful life events, lack of family support, financial burden, and traditional masculinity norms significantly predicted depression, anxiety, and stress. Routine screening and family-centered services in pediatric settings are recommended.

Scaling Up Community-based Noncommunicable Disease Research into Practice in Pokhara Metropolitan City of Nepal (SCALE-NCD) trial: study protocol for a cluster-randomized controlled trial

DOI: <https://doi.org/10.21203/rs.3.rs-8320113/v1>

Context: Non-communicable diseases (NCDs) like hypertension, diabetes, and tobacco use are rising rapidly in urban Nepal. Task-sharing with community health workers offers a scalable solution.

Methodology: This protocol describes an open-label, two-arm cluster randomized controlled trial in Pokhara Metropolitan City with 30 clusters. The SCALE-NCD intervention uses Female Community Health Volunteers (FCHVs) for home-based management plus mobile messages, compared to usual care. Primary outcomes include changes in SBP, fasting glucose, and smoking cessation.

Key message: This trial will evaluate the effectiveness of FCHV-led, home-based integrated management of key NCD risk factors in urban settings. Findings could support scaling primary care roles for FCHVs to combat the growing NCD burden.

Real-world outcomes of crizotinib treatment for ALK+ and ROS1+ metastatic non-small cell lung cancer in Nepal.

DOI: https://doi.org/10.1200/JCO.2026.44.16_suppl.e20689

Context: Lung cancer is the leading cause of cancer death in Nepal. Targeted therapies for ALK/ROS1-positive NSCLC improve outcomes but access remains limited in LMICs.

Methodology: A retrospective analysis reviewed patients with ALK/ROS1-positive metastatic NSCLC treated with Crizotinib via the Max Access Solutions program at Patan Academy of Health Sciences (2018–2025). Descriptive statistics summarized treatment duration and outcomes.

Key message: Multistakeholder access programs enable feasible and effective use of Crizotinib in

resource-limited settings, with many patients achieving sustained benefit. Such partnerships are crucial for improving cancer outcomes in LMICs like Nepal.

Determinants of cervical cancer awareness, procedural knowledge, and information sources among Nepali women undergoing HPV screening.

DOI: https://doi.org/10.1200/JCO.2026.44.16_suppl.11110

Context: Cervical cancer screening uptake in Nepal depends on awareness and procedural knowledge, influenced by education, autonomy, and information sources.

Methodology: Survey data from 274 women at HPV-based screening health fairs in Janakpur (2025) were analyzed using multivariate logistic regression to identify factors linked to awareness, knowledge, and information sources.

Key message: Education drives cervical cancer awareness, but low health autonomy limits procedural knowledge. Middle-aged women rely more on community networks like FCHVs. Interventions should empower women and train FCHVs for better screening participation.

Perceived and Structural Barriers to Maternal Health Care in Urban Slums of Kathmandu Valley, Nepal: A Qualitative Inquiry

DOI: <https://doi.org/10.58806/irijsh.2026.v3i5n14>

Context: Despite physical proximity to facilities, women in urban slums of Nepal face barriers to continuous maternal health care due to socioeconomic and structural inequalities.

Methodology: A qualitative study used in-depth interviews and focus group discussions with women of reproductive age in Kathmandu Valley slums. Thematic analysis with NVivo explored perceived and structural barriers.

Key message: An “illusion of access” exists due to proximity, but financial constraints, referral issues, and transportation create discontinuity of care. Policies reducing out-of-pocket costs and strengthening primary care and referral systems are essential for equitable maternal health in slums.

We thank you all for joining our initiative to promote evidence-informed policymaking and promote public awareness of the 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 a summary of scientific publications on NCDs in Nepal for the month of May 2026.

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

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Publications



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