



Geriatric Society of NEPAL

Kathmandu, Nepal



**PROGRESS REPORT
2024**

<https://gsn.org.np/>
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1. About GSN

Geriatrics Society of Nepal (GSN) Founded in 2014, is a nationwide, not-for-profit society of geriatrics healthcare professionals dedicated to improving the health, independence, and quality of life of older people. Our 20+ members include geriatricians, geriatrics nurse practitioners, social workers, family practitioners, physician assistants, pharmacists, and internists who are pioneers in advanced-illness care for older individuals, with a focus on championing interprofessional teams, eliciting personal care goals, and treating older people as whole persons.

GSN believes in a just society, one where we all are supported by and able to contribute to communities where ageism, ableism, classism, homophobia, racism, sexism, xenophobia, and other forms of bias and discrimination no longer impact healthcare access, quality, and outcomes for older adults and their caregivers. GSN advocates for policies and programs that support the health, independence, and quality of life of all of us as we age. GSN works across patient care and health services, research studies, professional and general education and public policy to improve the health, independence, and quality of life of all ageing people.

1. Area of work:

Old age people require special care as they are prone to several diseases. Thus, GSN have plan for following program :

- Health Programs for Marginalized Elders through health camps
- Provide technical support in developing policy and guideline documents to local level entities and facilitation to Run day care center
- Empowering Senior Citizens on Healthy Ageing
- Training & Capacity Building (Geriatric Care Training for Primary Health Care Workers, Professional Caregivers training for health workers, Central Resource and Training Centre)
- Awareness & Advocacy (Research, Making Geriatric care a Healthcare Priority, Observance of Special Days, Musical Show/Theater show on Geriatric Health issues)
- Clinical Care & mobile outreach program: (Making Geriatric CARE AFFORDABLE AND ACCESSIBLE in Nepal through MOBILE Clinic for all OLD AGE HOMES in Nepal)
- GSN strategic plan development and institutional development
- Research and National conference on ELDERLY PEOPLE

2. GSN Team



Dr. Sumanta Pd Banjade
President
Senior Consultant, Cardiology



Dr. Umesh Bogati
General Secretary
Senior Consultant, Geriatrician



Dr. Hom Nath Chalise
Treasurer
Social Gerontology



Dr. Ramesh Kadel
Member
Senior Consultant, Geriatrician



Dr. Dev Neupane
Member
Senior Consultant, Cardiology



Dr. Ananta Aryal
Member
Senior Consultant, Geriatrician



Dr. Bhaskar Raj Pant
Member
Senior Consultant, Orthopedics



Dr. Urja Bhatrai
Member
Consultant, Geriatrician



Ms. Ratee Pakwan
Member
Specialist Gerontological Nursing



Dr. SP Kalaunee
Member
Development Worker



Ms. Amritya Shori Suwal
Member
Geriatric Nurse



Ms. Binita Sapkota
Member
Geriatric Physiotherapist



Mr. Youraj Roka
ED



Dr. Umesh Koirala
Medical Coordinator



Mr. Amrit Thapa
Outreach Program Officer

Senior Citizen Health Service- National Program

Kishunji Senior Citizen Health Service-National Campaign, aim to develop a model Elderly people health care program at local level. A free health camp has been organized for Elderly people of Godavari Municipality, Ward 14. Total 70 people over 80 years of age took service from the free camp. During the health camp Prime Minister Sher Bahadur Deuba inaugurated the campaign in the premises of Ex-Prime Minister of Nepal Krishna Prasad Bhattarai Foundation located at 14 Badegun, Godavari Municipality. Program was organized by Geriatric Society of Nepal in Partnership with Punyarjan Foundation and Krishna Prasad Bhattarai Foundation and the in coordination with the Government of Nepal.

As a model of the campaign, Elderly Friendly Health Club has also been set up in Badegaon at Bhattarai Ashram, and a regular health camp will also be conducted for the senior citizens of that ward on the first Saturday of every month.

In the camp, geriatricians Dr. Umesh Bogti and Dr. Anant Aryal checked the health of the senior citizens, while cardiologist Dr. Sumant Prasad Banjade, Orthopedic specialist Dr. Bhaskar Raj Pant and Dr. Prashant Adhikari conducted necessary health checks.



The camp was supported by Gerontological Nursing Rati Pakwan, Geriatric Nurse Amrita Shwari Suwal and Geriatric Physiotherapist Binita Sapkota.



National Level Multi-Stakeholders Interaction Program on Geriatric Health Research In Nepal

National Health Research Council and Geriatric Society of Nepal organized the National Level Multi-Stakeholders Interaction Program on **Geriatric Health Research** in Nepal. During the workshop, the concerned persons and experts emphasized on geriatric health research. The majority of the participants emphasized conducting geriatric health and social research in the field of geriatrics.

Participants: Ministry of Health & Population, Ministry of Women, Children and Senior Citizens, Ministry of Health, Bagmati Province, National Medical Commission, National Human Right Commission, National Inclusion Commission, National Women Commission, Nepal Medical Council, Department of Health, NHRC, Department of Ayurveda, Tribhuvan University, Bir Hospital, Civil Hospital, Patan Hospital, TU Teaching Hospital, WHO, Lalitpur Metropolitan City, GSN, Ageing Nepal, Senior Citizen Chautari, Devighat Senior Citizen Foundation.



Senior Citizen : Music & Medicine Program for 460 Rural Municipalities of Nepal on Geriatric Health and Care

Geriatric Society of Nepals' "INDERINI CHAARI" Second Episode event on Senior Citizen : Music & Medicine was organized today, December 12, 2022 on 3rd National Convention of National Association of Rural Municipalities in Nepal (NARMIN) at Academy Hall, Kamaladi, Kathmandu. Event was Jointly organized by Geriatric Society of Nepal, Inderini and (NARMIN). Chairperson and Vice-chair from 460 Rural Municipalities all over the Nepal attended the program to sensitization and raise awareness on Senior Citizen Health and Care issues at local level.



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Local Level Sensitization Program

Lalitpur Metropolitan City organized a Social Gerontology Awareness Program on Healthy Ageing, Legal Provision, and role of the Local Government addressing the Senior Citizen Issue



The Metropolitan City-Level Senior Citizen Awareness Program was organized by the Lalitpur Metropolitan City to address the various needs and concerns of senior citizens. Technical Sessions were facilitated by Dr. Homnath Chalisa and Youraj Roka from Geriatric Society of Nepal. Issues highlighted were on active aging and healthy lifestyles among the elderly population, existing legal policies and the role of the local government in addressing the Senior Citizen needs and Issues. The event brought together municipal officials, ward leaders, older adults, caregivers, experts, and stakeholders to discuss on upcoming plans and program to address the need of ageing population.

Under the leadership of Metropolitan City the technical team for drafting the Metropolitan City Senior Citizen Policy was formed. The meeting nominated Dr. HomNath Chalisa and Youraj Roka from GSN to draft the senior citizen policy which includes senior citizen committee formation and mobilization guidelines and day care center operation guidelines.

Senior Citizen Health Awareness Program at Daycare Center, Kritipur on **Active Aging and Heart Diseases and Causes**

Geriatric Society of Nepal conducted Senior Citizen Health Awareness Program at Rudranju Foundation, Kritipur, Kathmandu. GSN, President, Dr. Sumanta Pd Banjade, Cardiology presented on Active aging and heart diseases, causes of Sugar and Pressure, effect and its remedy. A total 40 participants including local community social leaders, social workers, and senior citizens were present.



Interaction and partnership meeting with Government of Nepal, Nepal Health Research Council

Geriatric Society of NEPAL had an interaction and partnership meeting with the Government of Nepal, Nepal Health Research Council, Kathmandu on Geriatric Health Research. The meeting agreed to organize the National Level Multi-Stakeholders Interaction Program on **Geriatric Health Research** in Nepal.



Municipality Level one-day **Geriatric Care Training** to Female Community Health Volunteer (FCHV) of Godavari Municipality

Municipality Level Geriatric Care Training for 103 Female Community Health Volunteer (FCHVs) of Godavari Municipality was Jointly Organized by Godavari Municipality, the Geriatric Society of Nepal and Punyaarjan Foundation under KSCHS National Program. The program was inaugurated by Mayor Mr. Gajendra Maharjan and the session was Facilitated by Dr. Umesh Bogati, Dr. Anant Aryal and Dr Sumanta Pd Banjade on Geriatric Health Services and Care and Geriatric Cardiac. During the program Municipality Chief Administrative Officer, Pravin Koirala, Health Chief, Lal Bahadur Thapa were present in the program.



CHAHARI : Music and Medication for Senior Citizen

Geriatric Society of Nepal in collaboration with Indreni Cultural Development Centre along with group of Artist in the field of Geriatric started a campaign named "CHAHARI" to build awareness on health care and other issues of Ageing persons.

During the infotainment program Minister for Women, Children and Senior Citizens, Ms. Uma Regmi; Minister for Health and Population, Mr. Bhawani Prasad Khapung and Minister for Water Resources and Irrigation, Ms. Pampha Bhusal including other representatives from the concerned organizations, geriatrician, gerontologist, geriatric nurses and other stakeholders participated in the programme. The campaign aims to build awareness in seven provinces, establish Geriatric Community Health Center and geriatric hospital in Kathmandu and start mobile outreach camp and to support ageing population through music.



Geriatric Caregiver Training

Geriatric Society of Nepal (GSN) partnership with Kathmandu Technical School (KTS) is jointly organizing Geriatric Caregiver Training Course (Level I) affiliated to Nepal Government CTEVT. Training are being conducted regularly by Geriatric doctors Nurse and other health professionals from GSN.



Intergenerational Interventions

On April 2, 2023, Geriatric Society Nepal & St. Xavier's College, Department of Social Work organized the Sensitization Session on Intergeneration Connection Session with BSW Social Work Scholars: Ageing Population and Geriatric Care Issue in Nepal @ St. Xaviers' Collage, Loyala Campus, Maitighar, Kathmandu

Youraj Roka, Ageing Scholar & ED, Geriatric Society of Nepal shared about Geriatric Society of Nepal(GSN) & **Ageing Population Trends in Nepal**. And Ratee Pakwan, Geriatric Nurse from Bir Hospital & Member, GSN shared about the **Geriatric Care issue in Nepal and role of youth**. Total 100 plus (90% were female) social work scholars attended the program.



Geriatric Sensitization Program at Devghat

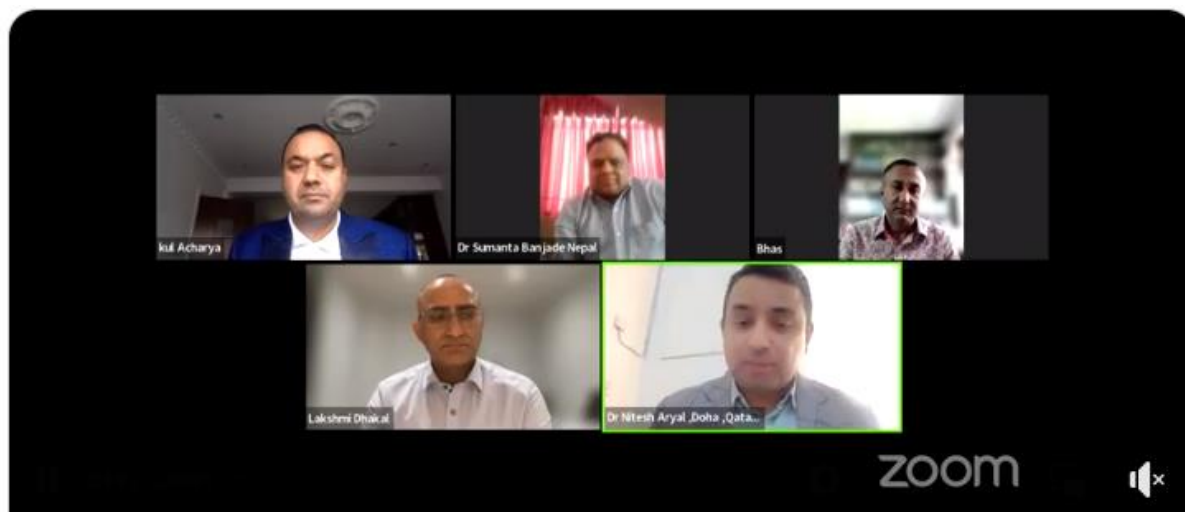
On March 22, 2023, Geriatric Society Nepal (GSN) in collaboration with Devghat Rural Municipality organized a Stakeholder Interaction Program on Senior Citizen Health Service and Care in Devghat Area. GSN facilitated the technical session and total 50 participants from the different organizations from the Devghat area participated in the program.

Ageing Scholar Youraj Roka from the Geriatric Society of Nepal shared about the Geriatric Society of Nepal(GSN) & Ageing Population Trends in Nepal. Similarly, Geriatrician Dr Ananta Aryal and Geriatric Cardiology Dr. Sumanta Pd Banjade highlighted on the Geriatric Health and Care issue in Nepal and role of local government on healthy ageing.



NRNA 4th Global health Conference 2022

Geriatric Society of Nepal participated and presented paper on Non-Resident Nepali Association 4th Global Nepali Health Conference, Sydney Australia virtually the titled 'Health of the Elder People: Challenges and way Forward'.



Senior Citizen Policy Gap and Situation Analysis Study

GSN technical team has been doing the senior citizen policy situation analysis for Government Of Nepal, Ministry of Women, Children, and Senior Citizens. The study focused on the social, economic, health, and social security aspects of the senior citizen in Nepal.



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