

# STARTIMES

STAR HOSPITAL - NEWSLETTER

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नेपालीहरूको महान् चाड वडा दशै, शुभ-दिपावली, नेपाल सम्वत्-११४५ र छठ पर्वको उपलक्ष्यमा, हाम्रा सम्पूर्ण सेवाग्राही महानुभावहरूमा सुख, शान्ति, समृद्धिका साथै उत्तरोत्तर प्रगतिको हार्दिक मंगलमय शुभकामना व्यक्त गर्दछौं।

स्टार हस्पिटल परिवार



An ISO 9001:2015 certified multi-specialty hospital

## स्टार हस्पिटल नै किन ?

“Compassionate Care With Comfort”

भन्ने मूल मन्त्र आत्मसाथ गर्दै २०६३ साल फाल्गुण २९ गते स्थापित यस अस्पताल १०० शय्याको सुविधा सम्पन्न जनरल अस्पताल हो। उच्च लक्ष्य तथा उद्देश्यहरूका साथ अघि बढिरहेको यस अस्पतालले आफ्नो स्थापनाको छोटो अवधिमा नै विशिष्ट पहिचान बनाउन सफल भएको छ। काठमाडौंको कोलाहलबाट केही पर सानेपारा रिङ्गरोड चोकमा अवस्थित यस अस्पतालले सर्वसुलभ दरमा उत्कृष्ट स्वास्थ्य सेवा, वरिष्ठ चिकित्सक तथा अत्याधुनिक मेसिन र उपकरणद्वारा प्रदान गर्दै आइरहेको छ। सेवाग्राही महानुभावहरूको स्वास्थ्य प्रति सजग यस अस्पतालले अत्याधुनिक उपकरण तथा विशेषज्ञ सेवाहरूको दायरा फराकिलो बनाउँदै लगेको छ। निम्न, मध्यम तथा उच्च वर्गिय जनता प्रति समान रूपमा लक्षित यस अस्पताल आम नेपालीको पहुँच सहज रूपमा पुग्ने गरि यथासक्य सहूलियत दरमा विश्वस्तरीय स्वास्थ्य सेवा उपलब्ध गराउन प्रतिबद्ध छ।

## एन्फा र स्टार हस्पिटल बीच सहकार्य

साफ यु-२० च्याम्पियनसिप २०२४ का लागि अखिल नेपाल फुटबल संघ (एन्फा) र स्टार हस्पिटल लि. बीच सम्झौता भएको छ। सम्झौता पत्रमा एन्फाका महासचिव श्री किरण राई र स्टार हस्पिटलका कार्यकारी अध्यक्ष श्री किशोर कुमार महर्जनज्यूले हस्ताक्षर गर्नुभएको हो। जस अनुसार एन्फा च्याम्पियनसिप संचालन अवधिभर स्टार हस्पिटलले मेडिकल र एम्बुलेन्स सेवा प्रदान गर्नुका साथै थप उपचार आवश्यक परेका खेलाडीहरूलाई अस्पतालमार्फत उपचार सेवा



प्रदान गर्ने रहेको छ। भदौ २ गतेबाट सातदोबाटो स्थित एन्फा कम्प्लेक्सको खेल मैदानमा भएको खेलमा नेपाल सहित श्रीलंका, बंगलादेश, भारत, भुटान र माल्दिभसको सहभागीता रहेको थियो। फाइनल खेलमा नेपाललाई पराजित गर्दै बंगलादेशले साफ यु-२० च्याम्पियनसिपको उपाधी जितेको थियो। यसैगरी स्टार हस्पिटल एन्फाले संचालन गर्ने ANFA Women's League 2024 को पनि मेडिकल पार्टनरको रूपमा रहेको छ।



## डेङ्गी रोगका लक्षणहरू

- एक्कासी ज्वरो आउने
- टाउको, मांसपेशी तथा जोर्नी दुख्ने
- थकान महशुस हुने
- आफ्नो दैनिकी, खानपान वा अन्य कामकुरामा रुची नलाग्ने

यी लक्षणहरू देखिएमा तुरुन्तै नजिकैको स्वास्थ्य संस्था वा अस्पताल जानुहोस्।



- नेपालका चर्चित वरिष्ठ विशेषज्ञ चिकित्सकहरूबाट घरायसी वातावरणमा स्वास्थ्य सेवा उपलब्ध गराउने।
- अत्याधुनिक मेसिन तथा उपकरणद्वारा सुसज्जित मोड्युलर अपरेसन थिएटरबाट शल्यकृया सेवा प्रदान गरिने।
- “क” वर्गको मान्यता प्राप्त प्रयोगशालाबाट नमुनाहरू परिक्षण गरिने।
- २४ सँ घण्टा अस्पतालका सम्पूर्ण सेवा खुल्ला रहने।
- सर्वशुलभ दरमा विश्वस्तरीय सेवा प्रदान गरिने।
- अत्याधुनिक उपकरणहरूद्वारा सम्पूर्ण रोगको निदान गरिने।
- उचित र आवश्यक परामर्श सेवामा जोड दिईने।
- दक्ष चिकित्सकद्वारा सुरक्षित मातृशिशु सेवा प्रदान गरिने।
- गम्भिर प्रकृतिका बिरामीहरूका लागि Ventilator सहितको ICU/CCU/NICU कक्षमा क्रिटिकल केयर विशेषज्ञहरूको प्रत्यक्ष निगरानीमा उपचार सेवा प्रदान गरिने।
- जेष्ठ नागरिकहरूको स्वास्थ्यलाई र्ख्याल गर्दै संचालनमा रहेका Geriatric Health Package, Geriatric Home Service लगायतका सेवाहरू सर्वशुलभ रूपमा सहजै प्राप्त गर्न सकिने।
- रक्त संचार विभाग मार्फत २४ सँ घण्टा बिरामीहरूका लागि आवश्यक रगत उपलब्ध गरिने।

# Understanding Back Pain (I)

**Dr. Dipak Maharjan**  
MBBS, D.Ortho, MS.Ortho (CMC Vellore)



Research has proven that 60% of people experience back pain sometime in their lifetime. There is no data from Nepal but in the developed countries it is one of the most common causes of disability and reason for absence from work. In this country we have traditions and cultural beliefs about every disease and health condition. There are some misconceptions which result in either unnecessary stress and undue worry from a simple back pain which heals on its own or neglect of a serious underlying condition with debilitating consequences.

Back pain could be understood or approached in many ways. One simple method is to go from layer to layer, outside in, i.e. skin, muscle, bone and nerves. Amongst these, muscle related condition is the most common cause of back pain. Bone and nerves are less common cause of back pain but are more significant. There are other conditions which affect muscles and bone together called inflammatory arthritis like Rheumatoid arthritis, Ankylosing spondylitis etc. In this volume we will try to deal with back pain due to muscular cause and others in the next volume.

### Muscular Cause of Back Pain

Back muscles which are called Paraspinal muscles are quite robust in young individuals. Sometimes, while lifting heavy objects without preparing the body, muscle can go into spasm. This can hurt badly for a while but it is a self-limiting condition which means it will gradually heal on its own by simple measures which are described below. Back pain due to muscle spasm is characterized by stiff back, difficulty in getting up from lying down or sitting position, inability to stand straight and standing with support. Sometimes it can take a long time to heal and be disabling.

### How to treat back pain due to muscle spasm?

Resting and protecting the back muscle adequately using Lumbar corset/ belt.



- Hot fomentation using hot water bag and hot water shower.
- Physiotherapy would include ultrasound massage, infra-red therapy and muscle relaxation exercises.
- Muscle relaxant medicines and non-steroidal analgesics are very helpful in treating this condition, but only after consultation with a specialist, Orthopedic Spine Surgeon.

**Low back pain** is a common condition affecting ladies who have had children. This is mainly because pregnancy alters the back posture and abdominal muscle tone making it lax (more after Caesarian section). This is a gradual process which impacts more after every pregnancy with a lasting back pain. This condition can be reversed by bringing back the abdominal tone by appropriate exercises and protecting the back while standing in the kitchen or doing the dishes.



The **holistic approach** to treatment of back pain due to muscular cause would also need to consider

1. Body mass index (BMI) and dietician's advice on food intake.
2. Smoking and substance abuse including alcohol.
3. Relevant exercises for the back
4. Sleep pattern and assistance if necessary.
5. Clinical psychologist consultation for recalcitrant back pain.

Timely consultation with a specialist in Spinal disorder, Orthopedic Spine surgeon will help diagnose muscular back pain and treat appropriately and differentiate it from other complex conditions caused by bone and nerves.

Remember "A good doctor treats a disease but a great doctor treats the person" William Osler 1893.

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### इन्फ्लुएन्जा (फ्लू) बाट बच्नौं

संक्रमक

- ज्वरो आउनु • टाउको जिउ र मांसपेशी दुख्नु **दुख्नु**
- खोक्नो लाग्नु र घाँटी दुख्नु
- शकान • श्वास कठिन हुनु
- महसूस हुनु वा सिमान कर्नु

इन्फ्लुएन्जा (फ्लू) बाट बच्नौं भनेको, खोक्नु, जिउ र मांसपेशी दुख्नु, टाउको दुखापत, घाँटी दुखापत, श्वास कठिन हुनु, महसूस हुनु वा सिमान कर्नु, र अन्य लक्षणहरूको समुह हो। यसलाई रोक्न र नियन्त्रित गर्न सकिनु पर्छ।

- नियमित रूपमा व्यक्तिगत सफाई गर्ने।
- सफा हातमा सिकारी हुनु।
- खोक्नु वा हाकिमको सल्लाहमा श्वास कठिन हुनु।
- व्यक्तिगत संस्पर्शबाट (सिकारीबाट) बच्नु।
- खोक्नु वा श्वास कठिन हुनु, श्वास कठिन हुनु, महसूस हुनु वा श्वास कठिन हुनु।
- खोक्नु वा श्वास कठिन हुनु, श्वास कठिन हुनु, महसूस हुनु वा श्वास कठिन हुनु।

फ्लू, ज्वरो, श्वास कठिन हुनु, श्वास कठिन हुनु, महसूस हुनु वा श्वास कठिन हुनु, श्वास कठिन हुनु, महसूस हुनु वा श्वास कठिन हुनु, श्वास कठिन हुनु, महसूस हुनु वा श्वास कठिन हुनु।

## MoU SIGNING & EVENTS

### 1 स्टार हस्पिटल लि. र माछापुच्छे बैंक बीच सम्झौता



स्टार हस्पिटल लि. र माछापुच्छे बैंक बीच स्वास्थ्य उपचार सेवा लिने/दिने र स्वास्थ्य संग सम्बन्धित कार्यक्रमहरूमा सहकार्य गर्ने सम्बन्धि सम्झौता पत्रमा हस्ताक्षर भएको छ। सम्झौता पत्रमा स्टार हस्पिटलका तर्फबाट चिफ अफ अपरेशन डा. सन्देश जि.सी र माछापुच्छे बैंकका तर्फबाट कुलेश्वर शाखा प्रमुख श्री धिरेन्द्र राज गिरीले हस्ताक्षर गर्नुभएको हो। सम्झौता अनुसार स्टार हस्पिटलले माछापुच्छे बैंक संग आवद्ध कर्मचारी तथा सेवाप्राहीहरूलाई उपचार सेवा सहूलियत दरमा उपलब्ध गराउने छ।

### 2 तीजको अवसरमा स्टारको निःशुल्क स्वास्थ्य शिविर



हिन्दु नारीहरूको महान चाड हरितालिका तीजको अवसरमा, स्टार हस्पिटलले **Rotaract Club of Patan** संगको सहकार्यमा पाटनको बगलामुखी मन्दिर परिसरमा निःशुल्क स्वास्थ्य शिविरको आयोजना गरेको छ। शिविरमा मन्दिर दर्शन गर्न आउने श्रद्धालु भक्तजनहरूलाई, अस्पतालका चिकित्सक तथा स्वास्थ्यकर्मीहरूको टोलीले उपचार सेवा प्रदान गरेको थियो।

### 3 त्रिभुवन विश्वविद्यालय पत्रकारिताका प्राध्यापक तथा विद्यार्थीको स्टार हस्पिटलद्वारा निःशुल्क स्वास्थ्य परिक्षण



त्रिभुवन विश्वविद्यालय पत्रकारिता तथा आम संचार केन्द्रीय विभागका प्राध्यापक तथा विद्यार्थीहरूको स्टार हस्पिटलले निःशुल्क स्वास्थ्य परिक्षण गरेको छ। बल्लु स्थित केन्द्रीय विभागको समन्वयमा अस्पतालका डाक्टर तथा नर्सहरूको टोलीले प्राध्यापक तथा विभागका अध्यक्ष तथा विद्यार्थीहरूको निःशुल्क स्वास्थ्य परिक्षण गरेका हो। अस्पतालका अनुभवी चिकित्सकहरूले रक्तचाप, मधुमेह र स्त्री रोग सम्बन्धि निःशुल्क स्वास्थ्य परिक्षण गरेका हुन्। पछिल्लो समय स्टार हस्पिटलले विद्यालय र क्याम्पसहरूमा अध्ययनरत विद्यार्थीहरूको निःशुल्क स्वास्थ्य परिक्षण गरिरहेको छ।

## Normal Delivery and its Benefits

Dr. Nimi Yadav  
Gynaecology and Obstetrics

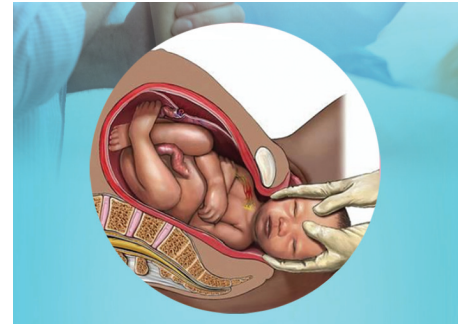


A vaginal delivery is when a person gives birth through their vagina. Vaginal deliveries are the most common and most preferred method of delivery. This is because they are typically low-risk and carry the most benefits to the birthing person and baby. There are different types of vaginal deliveries: spontaneous, induced and assisted.

Spontaneous vaginal delivery: A vaginal delivery that happens on its own and without labor-inducing drugs.

Induced vaginal delivery: Drugs or other techniques initiate labor and prepare cervix. This is also called labor induction.

Assisted vaginal delivery: A vaginal birth that occurs with the help of forceps or a vacuum device to get your baby out. Both spontaneous and induced vaginal delivery can be assisted.



### And Also What About the Benefits for the Baby?

A major benefit when it comes to vaginal birth is that the child is exposed to what is known as "beneficial bacteria" in their mother's birth canal. As the baby moves through the birth canal, fluid passes through the baby's nose and mouth, making its way into the digestive system. This fluid contains the beneficial bacteria which is known to contribute to building up the baby's immune system — while fighting off harmful bacteria from trying to enter the baby's digestive system at the same time. This beneficial bacteria also plays a role in coating the baby's skin, which does its part to prevent the growth of harmful bacteria externally.

Vaginally born babies may also have a decreased risk of conditions such as asthma and food allergies. They may have a lower risk of becoming lactose intolerant as they get older too. Research has shown that babies who are born through C-section are more likely to be hospitalized for conditions such as asthma and immune system disorders.

Lastly, babies born through vaginal delivery are less likely to suffer from certain respiratory problems such as TTN, transient tachypnea of the newborn, a condition in which fluid gets trapped in the newborn's lungs; with vaginal delivery, as the baby passes through the vaginal canal, excess fluid is squeezed out from the baby's lungs.

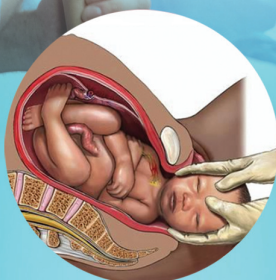
### The Benefits of a Vaginal Delivery for the Mother

Expecting mothers have benefits to be gained from vaginal delivery that are not available through C-section. To begin with, vaginal delivery results in less postpartum pain and may also allow for only a short stay at the hospital. Usually, within 1-2 days, the new mother is able to go home with her newborn baby.

When there are no complications involved, a woman's body is naturally equipped to handle vaginal delivery. The reason for this is that during a vaginal delivery, the oxytocin hormone signals that it's time for the uterus to start contracting, during which endorphins are produced to help reduce pain.

Vaginal delivery also allows for the immediate ability to breastfeed while not having to deal with the possible side effects that may come along with a C-section. Vaginal delivery will let the mother be fully alert and able to immediately feed her baby, and this allows for a great bonding opportunity for mother and child in the first moments of life.

स्टार हस्पिटलमा  
NORMAL डेलिभरी  
सेवा उपलब्ध छ।



आजै स्त्री तथा प्रसूति रोग  
विशेषज्ञसंग परामर्श गर्नुहोस्।

निः सन्तान  
दम्पतिहरूका लागि:

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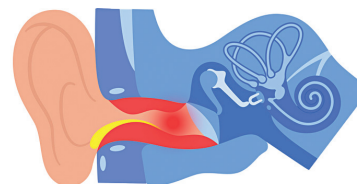
## 4 रातो मच्छिन्द्रनाथको रथजात्रामा स्टार हस्पिटलको सहकार्य



ललितपुरमा हरेक वर्ष वैशाख शुक्ल प्रतिपदा देखि शुरू हुने रातो मच्छिन्द्रनाथको रथजात्रामा स्टार हस्पिटलले मेडिकल र एम्बुलेन्स सेवा उपलब्ध गराएको छ। वर्षा र सहकालका देवताका रूपमा पुजिने ऐतिहासिक रातो मच्छिन्द्रनाथको रथलाई ललितपुरका विभिन्न स्थानमा घुमाई जावलाखेल पुऱ्याएको चार दिन पछि राष्ट्रप्रमुखलाई भोटो देखाएपछि सम्पन्न हुन्छ। काठमाण्डौ उपत्यकाको पुरानो र सबैभन्दा लामो मच्छिन्द्रनाथको रथजात्रामा हरेक वर्ष स्टार हस्पिटलले मेडिकल र एम्बुलेन्स सेवा उपलब्ध गराउँदै आइरहेको छ।



## Discharging Ears Part (II)



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In Discharging Ears-Part 1 published in the second issue of Star Times, we talked about the basics of ear discharge, its causes, prevalence etc. In this second part, we will talk about the treatment and the precautions that could be taken. In a follow-up article to this, we will discuss more on the surgical aspect of the treatment.

The definitive treatment of COM is surgery where, in the most basic type, the perforated ear drum is patched up. In more severe forms of the disease, the bone around the ear may be drilled open. Until the ear drum perforation persists, the patient will suffer from recurrent ear infections. Hence, taking a few precautions will prevent recurrent infection, and keep the ear dry and suitable for surgery.

Avoid water entering into the ear. Keep Vaseline/cooking oil soaked and then squeezed cotton ball into the ear canal during the bath. Remove it after shower. A dry cotton ball will absorb water which will cause harm by entering into the middle ear cavity through the perforation in the ear drum. Similarly, avoid swimming. If you must, get a good fitting ear plugs.

1. Do not instill anything in the ear other than ear drops prescribed by your doctor. This includes oil, glycerine or extracts from any medicinal plants.

2. Avoid cleaning of ear by yourself even with ear buds. Match stick, key, pins, pencil tips are a distant no.

3. Avoid blowing your nose hard. This will cause the micro-organisms from your throat to travel to middle ear cavity through the Eustachian Tube, thereby, causing inflammation and discharge. The best way to clear nasal secretions is to slowly pull it backwards down into the throat and spit it away.

4. Similarly, in children, apart from the above precautions, there are other two things that should be taken care of. The suckling baby should be fed (including breastfeeding) with head in up and erect position so as to avoid passage of the liquid feed into the middle ear through Eustachian Tube (which is more horizontal in young children). Next, any episode of upper respiratory tract infection, should be promptly treated.

Ear discharge or any infection of ear should be taken seriously as there are risks of severe complications which may be fatal. Please visit your ENT surgeon promptly for further management and advice.

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