

# World Lung Day 2020 Nepal

## Event Report



Submitted to  
European Lung Foundation



Prepared and submitted by  
Healthy Lungs Nepal



## **Sponsored by**

### **Healthy Lungs for Life**

Healthy Lungs for Life seeks to reduce the number of people suffering from lung conditions by raising awareness and knowledge of lung conditions and ways to prevent lung damage.

The Healthy Lungs for Life campaign is being spearheaded by the European Respiratory Society and the European Lung Foundation.

Healthy Lungs for Life aims to:

- Increase knowledge and awareness among the general public about steps that can be taken to improve lung health
- Support healthcare professionals in communicating these messages to their patients
- Improving the delivery of lung function testing and the interpretation of results of tests

Healthy Lungs for Life grant of 1000 Euro funded all the activities and events.

## **Organized by**

### **Healthy Lungs Nepal (HLN)**

Healthy Lungs Nepal is a national campaign started in 2018. It aims to raise awareness on lung health, promote and advocate evidence-informed programs and policies to prevent lung diseases and promote lung health in Nepal.

Healthy Lungs Nepal helped in coordinating with different non-profit organizations for the successful conduction of the programs. Healthy Lungs Nepal coordinated in carrying out successful events on Province no. 1, Gandaki Province, Bagmati Province and Province no.5.

Out of 7 provinces, different programs were conducted in four different provinces of Nepal.

## Press brief by Healthy Lungs Nepal on World Lung day 2020



हरेक बर्ष सेप्टेम्बर २५ का दिन फोरम फर इन्टरनेसनल रेस्पिरेटरी सोसाइटीज (FIRS) र साझेदारी संस्थाहरुको अग्रसरतामा विश्वव्यापी रूपमा विश्व फोकसो दिवस मनाउने गरिन्छ । यस बर्ष श्वासप्रश्वास सम्बन्धीत संक्रमणलाई रोकथाम, नियन्त्रण र उपचारका लागि अध्ययन र अनुसन्धानलाई थप प्राथमिकतामा राखी अघी बढ्न आवहान गर्दै यो दिवस मनाइदैछ । नेपालमा पनि हेल्थी लङ्स नेपाल अभियानको संयोजनमा नेपाल बिकास समाज, नेपाल पब्लिक हेल्थ स्टुडेन्ट सोसाइटी,

URL to Press Release: [shorturl.at/qxDY5](http://shorturl.at/qxDY5)

### Event Title: Public spirometry and COPD awareness program

**Venue:** Rupa Rural Municipality, Kaski, Gandaki Province.

**Event Organizers:** Nepal Development Society, Rupa Rural Municipality, Healthy Lungs Nepal.

**Background:** In the context of Nepal, access to spirometry service is low. Recent publication reporting data from a community-based household survey from municipality adjoining to event site showed almost 12.3% of adult (40 years and above) are living with chronic airflow obstruction and largely undiagnosed at the community. Similarly, according to a national survey Nepal Health Research Council in 2019, more than 1 in 10 adult Nepalese are living with COPD. We conducted this program, with high precaution amid this COVID19 pandemic. The program followed the [American Thoracic Society considerations for performing spirometry during and after #COVID19](#).

Objectives of the event:

1. To assess the level of lungs disorder in the rural municipality of Nepal in the different age group
2. Raise awareness among general people about spirometry and its significance in the diagnosis of COPD

**Target population:** Rupa Rural Municipality residents of Kaski District.

**Team Members:** Trained Spirometry technologists, Physician, Public health workers, health assistants, administrative staffs.

**Activities:** With high precautions and adhering to public health measures spirometry technologists conducted lung function test among community people of age 40 years and above. Fifty community people benefited from our event. They were invited for spirometry by active case finding method facilitated by community health workers. Out of them, 35 had normal lung function test and 15 had chronic airflow obstruction. People who tested abnormal were counselled by Medical Doctor in the site. We provided health education regarding COPD, its symptoms, risk factors and importance spirometry test among visiting participants.

**Beneficiaries:** Directly 50 community people benefited, and indirectly we reaching we reached nearly 300 individuals in the community health message.

In Gandaki province, this program was led and implemented by Nepal Development Society and Healthy Lungs Nepal.

### Photos



### Event Title: Workshop on Healthy Lungs and Respiratory Infections

**Venue:** Tulsipur Sub Metropolitan City, ward no.7 Office, Dang

**Event Organizers:** HUDEC Nepal, Sub metropolitan city Ward office ward number 7, Healthy Lungs Nepal

**Background:** Observing the World Lungs Day, a workshop was organized on COVID19, respiratory infections and lung health in Tulsipur Sub-metropolitan City, ward no.7 Office. Considering the situation of COVID19 pandemic, only 40 people were invited to avoid the crowding. Face Masks were also distributed to participants, and the program was conducted maintaining the physical distances and following all the necessary public health measures.

**Target population:** Residents of Tulsipur Sub Metropolitan City, ward no.7.

**Team members:** Public health officials, Health coordinators, Ward Chairperson.

**Activities:** Public health officer, COVID19 focal person of sub metropolitan city and their teams provided the education regarding the COVID19, respiratory infections and respiratory health. Ward chairperson was the chief guest of this program.

**Beneficiaries:** From this program, 40 people benefited directly and indirectly reaching more than 250 people in the community considering they share the message back to the family.

In province no. 5, HUDEIC Nepal led and implemented this program.

## Photos



## News coverage:

1. <https://hamropahunch.org.np/new/news-details/1742/2020-09-25>
2. <https://tulsipurkhabar.com/archives/39827>

## Event Title: Online art and Video competition

**Venue:** Online (Social media)

**Event Organizers:** Nepal Public Health Students society, Nepal Development Society, Healthy Lungs Nepal

**Target Population:** Students and social media users

**Team Members:** Public health and medical students

**Background:** The internet penetration and social media use rapidly increasing in Nepal. As of January 2020, the total number of Facebook users in Nepal was 10,520,000. As a result, public health campaigns are increasingly using social media platforms like facebook raising awareness reaching wider people. In the amidst of COVID19 pandemic, it is the best method to reach the maximum number of people in a short period of time.

The aims of this event:

- To increase awareness about respiratory health in Nepal through social media
- To engage a wider number of people in healthy lungs campaign in Nepal

**Activities:** People were asked to provide the art and video on any of the Campaign themes: 1) Respiratory health during COVID19, 2) Air quality 3) Stopping smoking.

We received art and vlog were shared through the Facebook page of Healthy Lungs Nepal and Nepal Public Health Students Society. We received 11 contributions. With our judge panel, top four participated were selected and awards with certificates. The best art of the competition was featured in our social media page. During the time since the social media campaign started the Healthy Lungs Nepal posts reached to 47225, 265 new page likes were gained, 7729 post engagement was seen.

This program was implemented by the Nepal Public Health Student's society and Healthy Lungs Nepal.

### Photos

The banner features a dark teal background with yellow and white text. At the top, it reads 'WORLD LUNG DAY 2020' in large yellow letters, followed by '25th September' in white. Below this, a yellow banner contains the text 'National Social Media Campaign'. The main text states 'NPHSS in collaboration with Healthy Lungs Nepal presents " Video Message, Art and Slogan Competition "' in white and blue. A pink box on the left lists the themes: 'Respiratory health during Covid -19', 'Air Quality - #BreatheCleanAir', and 'Stopping Smoking - #BeSmokeFree'. To the right is a red illustration of human lungs. A yellow box at the bottom left provides the submission email 'iom.nphss1988@gmail.com' and the deadline 'by 20th September ,2020'. An orange circle on the right lists 'Attractive Prizes' for 1st (Rs.4000), 2nd (Rs.2500), 3rd (Rs. 1500), and 4th (Rs. 1000). The bottom of the banner includes logos for NPHSS, Healthy Lungs Nepal, NEQS Nepal, and Healthy Lungs For Life.

Event banner



**WORLD LUNG DAY 2020**


**WORLD LUNG DAY**  
 25 september

**CERTIFICATE OF ACHIEVEMENT**

This certificate is awarded to

*Ms. Shakshi Bhaukajee*

**For securing First Position in the “National Video Message, Art and Slogan Competition” co-organized by Nepal Public Health Students’ Society (NPHSS) and Healthy Lungs Nepal (HLN).**

  
**Tara Ballav Adhikari**  
 (Founder)  
 Healthy Lungs Nepal



  
**Arjun Hamal**  
 (President)  
 NPHSS-IOM

First Prize winner: Shakshi Bhaukajee

<https://www.facebook.com/HealthyLungsNepal/photos/a.142645304205355/143882700748282>



Second Prize winner: Milan Aryal

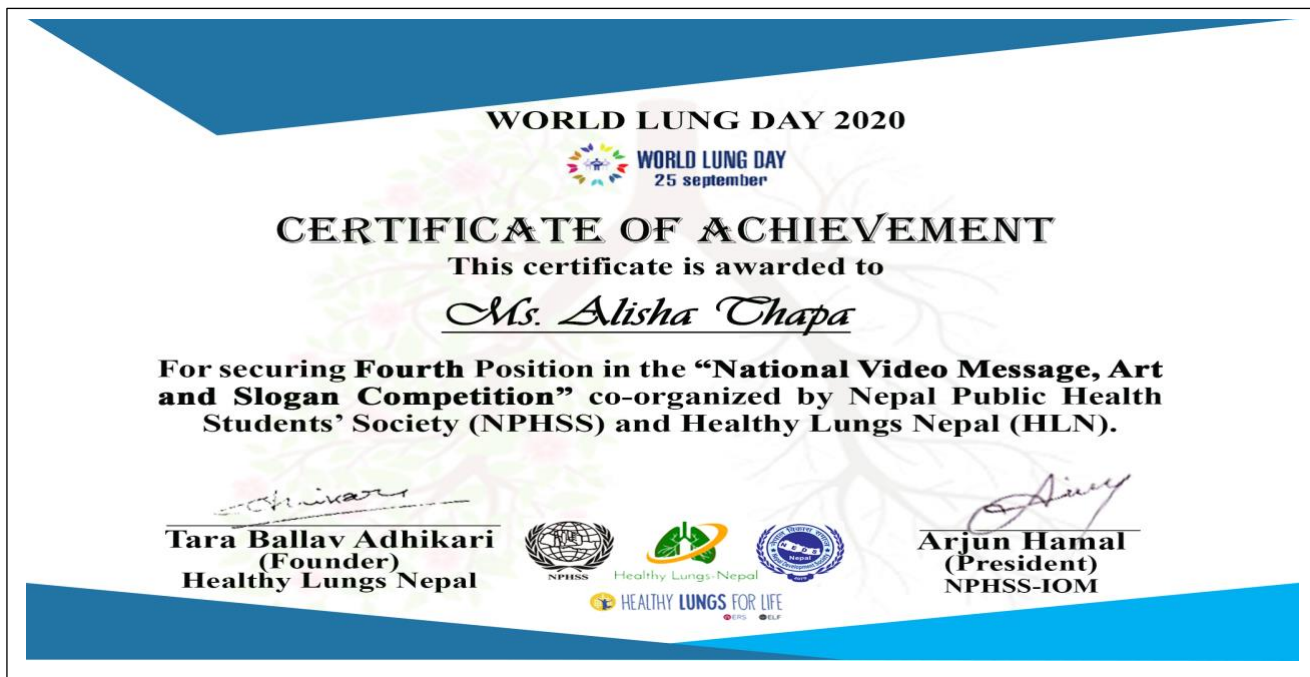
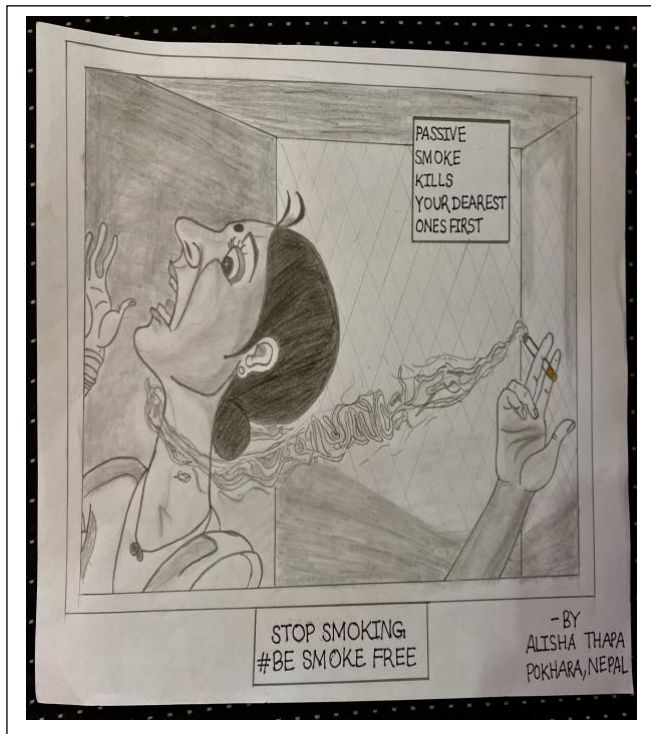
Video: <https://www.facebook.com/HealthyLungsNepal/videos/338904280774253>



Third prize winner: Nikita Bhatta

Video: <https://www.facebook.com/HealthyLungsNepal/videos/1612233962297675>





Fourth Prize Winner: Alisha Thapa

<https://www.facebook.com/HealthyLungsNepal/photos/pcb.145695060567046/145694223900463/>

**Social Media and coverage:** <https://www.facebook.com/HealthyLungsNepal>

**Event Title: Face masks and hand sanitizer distributions and Lung health awareness campaign in the suburb area of Itahari Metropolitan city**

**Venue:** Suburb area of Itahari Metropolitan city and Lion’s Building, Itahari Metropolitan city

**Organizer:** Lions Club of Itahari Smart City, Leo Club of Itahari Smart City, and Healthy Lungs Nepal

**Target population:** General community members of Taltaliya area of Itahari Metropolitan City

**Team members:** Lions, Leo club members and Doctors

**Beneficiaries:** In the workshop, 42 people participated. Nearly 850 people were reached distributing face masks and hand sanitizers and raising awareness. Indirectly reached more than 4000 people.

**Background:** On 20th September, together with Lions Club of Itahari Smart City and Leo Club of Itahari Smart City conducted an awareness program on protecting lungs. The event was facilitated by physician from the tertiary level hospital of Province no. 1. Similarly, face masks and hand sanitizer distribution was done in the suburb area (*Taltaliya*) of Itahari Metropolitan City of Sunsari District, Province 1.

Objectives of the events:

- Create awareness among community people to protect lungs, prevent respiratory infections, COVID19 and improve lung health.
- Distribution of masks and hand sanitizers for creating awareness.

**Photos**



## **Contacts**

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