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

Event Title: Public spirometry and COPD awareness program

Venue: Rupa Rural Municipality, Kaski, Gandaki Province.


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 COVID-19 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.

URL to Press Release: shorturl.at/qxDY5
**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**

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**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 Tulisipur 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**

![Image of a group of people in a room and a banner with text](image1.jpg)

**News coverage:**


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**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**

![Event banner](image_url)
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 Taltalaiya 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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