

Nepal Stroke Project – Creating a momentum of stroke care in Nepal

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BACKGROUND AND AIMS

- Stroke is a leading cause for death and long-term disability in Nepal. Still, estimated 90% of the population has no access to stroke care.
- The **Nepal Stroke Project** was initiated in 2021 as a cooperation between the Nepal Stroke Association (NSA) and University Hospital Heidelberg (UKHD).
- The project aims to increase access to quality stroke care in Nepal and to provide evidence-based concepts for stroke care in Nepal.

METHODS

1. Quality Improvement

Establishing stroke-ready hospitals in different provinces by training of health care professionals

4. Stroke Care Policy

Developing evidence-based concepts of care



2. Quality Monitoring

Providing tools for hospital-based quality monitoring

3. Public Awareness

Raising public awareness through nationwide campaigns

RESULTS - QUALITY IMPROVEMENT

- Education:** So far, 500 physicians from fifteen hospitals received training on stroke care based on the ‚Angels Initiative‘ concept.
- Two workshops in each stroke center and five continuous medical education (CME) events were already given. A biweekly online series is currently ongoing.
- Stroke teams** are formed in ten tertiary care centers
- Standardized treatment protocols** were developed
- All stroke care providers in Nepal are embedded in a **network** for regular knowledge exchange.



RESULTS – PUBLIC AWARENESS

- Community events (health camps, walkathon) were organized in Nepal’s major cities.
- A **social media campaign** (#precioustime) was performed on Facebook and Instagram using organic and paid traffic and achieving a Cost-per-Click-Rate (CPC) of < 0,01 EUR. **TikTok’s** created in Nepali communicate stroke knowledge in plain language.



3,2 million people reached  

609.000 views 



60.000 Likes  



93 Posts  



294.000 Clicks  



45 TikToks 



सहभागीक जासुकुसि
मनुसुहोच कि यो एक मस्तिष्कघात हो
Save #Precioustime!
#nepalstrokeproject



Data retrieved on: Sept 17, 2022 17:15

RESULTS – QUALITY MONITORING

Different tools for quality monitoring (RES-Q; paper-based checklists) are provided in each stroke center, still applicability is low due to complexity and time constraints of users.

RESULTS – STROKE CARE ADVOCACY

NSA and UKHD formed a stroke care task force with the Ministry of Health, Nepal, and WHO Nepal. Currently, the first national stroke protocol is being finalized.

DISCUSSION

The approach of the Nepal Stroke Project created a momentum of stroke care in Nepal and seems feasible to increase access to quality stroke care. Yet, hospital-based performance indicators are needed to evaluate the project’s impact on quality of care. Social media is a feasible and cost-effective approach to spread stroke knowledge.

