

LEARNING, STRATEGIES AND THE FUTURE OF COMMUNITY CPR IN NEPAL

December 4th, 2024

HIGHLIGHTS

- Total Participant's- 71
- Video Message by Honorable Health Minister Pradip Paudel
- Chief Guest: Dr. Rita Thapa
- CPR Life Savior Experience Sharing
- Launch of Nepal's first CPR awareness song



Scan for Nepali
CPR Song

Health Advancement Programs to Serve All (HAPSA)



Introduction

On 4th December, 2024, HAPSA Nepal hosted a landmark Community CPR Workshop and Stakeholder Meeting in Kathmandu, Nepal. This gathering brought together representatives from government bodies, NGOs, healthcare institutions, and other key players dedicated to advancing community-based CPR in Nepal. We are deeply grateful to all participants for their valuable contributions, which have laid a strong foundation for saving lives through community CPR initiatives.

The event featured a fruitful and engaging workshop, inspiring key note speeches, the official **launch of the Nepali CPR song**, an inspiring anthem aimed at raising awareness and uniting communities in CPR education and practice. A key highlight was the **signing of a declaration**: "Together, to save lives, we will join hands to advance community CPR in Nepal." The day concluded with a lively evening of music, food, and camaraderie, celebrating our shared commitment to this life-saving mission.



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Participants in Group Work



Workshop Findings Summary

The workshop engaged participants in eight thematic discussion groups, generating actionable insights and recommendations. Below is a summary of the key findings:

1. Community Responsibility and Training Needs

- Expand CPR training to community members, non-healthcare professionals, and youth.
- Standardize certification programs through entities like the Nepal Medical Council (NMC) and government mechanisms.
- Address rural training resource challenges.

2. Bystander Engagement and Empowerment

- Involve community leaders, schools, and mothers' groups (e.g., Aama Samuha) in awareness efforts.
- Advocate for Good Samaritan Laws to remove barriers to bystander intervention.

3. Legal and Policy Challenges

- Implement comprehensive Good Samaritan protections.
- Integrate CPR training into national policies and school curricula.
- Overcome logistical and resource challenges for widespread adoption.

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Dr. Jayendra Bajracharya presenting his group's discussion points



Team Orange during table discussion



Workshop Findings

4. Culturally Adapted CPR Approaches

- Promote hands-only CPR for practicality and scalability.
- Conduct refresher courses every 6–12 months for skill retention.
- Focus on rural outreach and leverage existing community structures.

5. Public Misconceptions and Awareness

- Address misconceptions of CPR as a last-resort action.
- Use multimedia campaigns, storytelling, and school programs to build trust and awareness.

6. Stakeholder Involvement

- Foster collaboration among local governments, NGOs, and educational institutions.
- Align efforts to address resource gaps.

7. Certification and Accessibility

- Develop unified CPR certification standards.
- Improve training infrastructure, especially in rural areas.

8. Sustainability of CPR Programs

- Ensure sustainability through regular training, community involvement, and incentives.
- Build partnerships with governments, NGOs, and private sectors for funding and support.

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Team White during table discussion



Workshop Findings

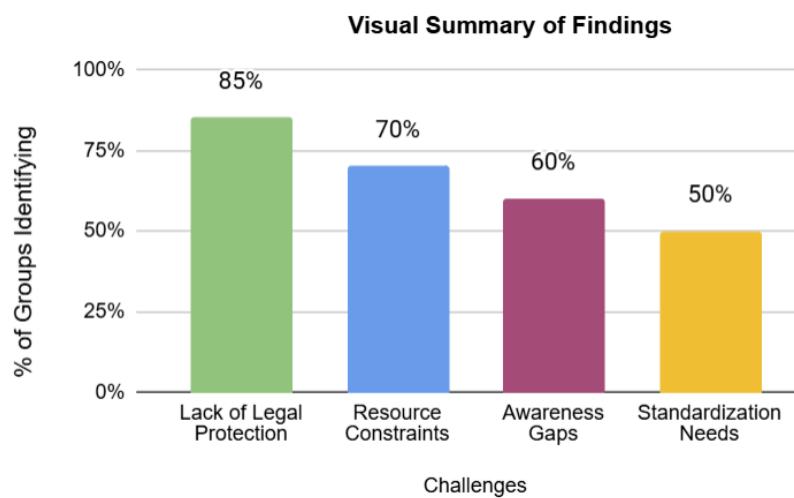


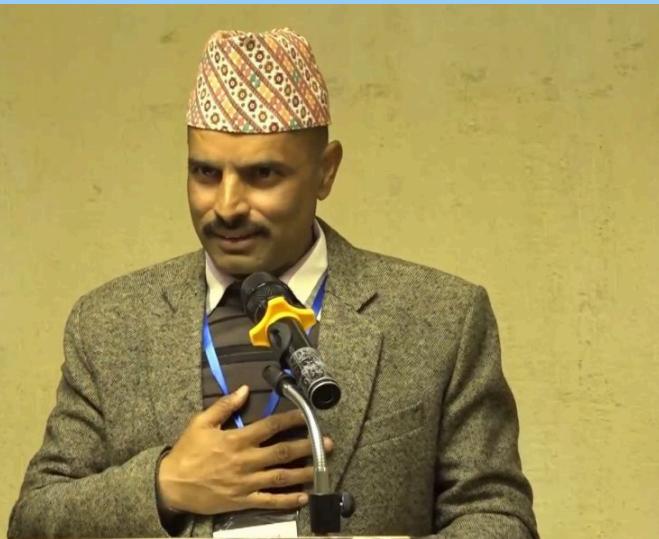
Chart: Key Challenges in Expanding Community CPR Training

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Our Chief Guest Dr. Rita Thapa sharing her thoughts



SP Heramba Sharma from Disaster management
Division, Nepal Police



Next Steps and Goals

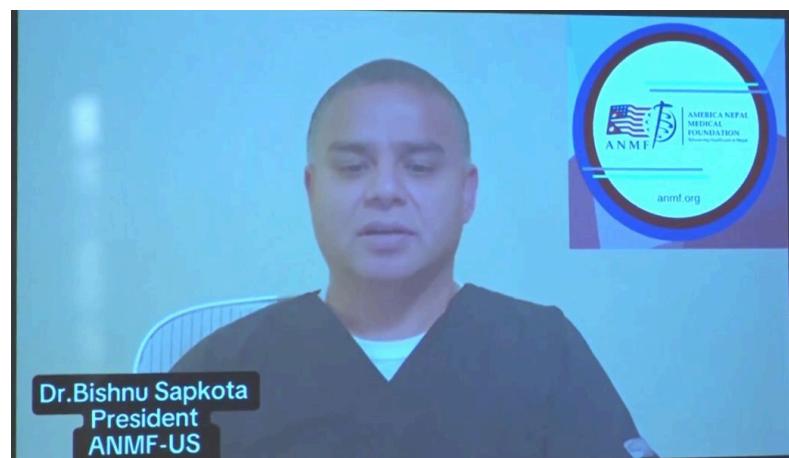
The following goals will guide our collaborative efforts in the coming months:

1. Expand Community CPR Training:

- Develop and implement standardized training for diverse groups (students, teachers, non-healthcare professionals).
- Increase rural outreach via partnerships with local leaders and organizations.

2. Improve Legal Protections for Bystanders:

- Advocate for Good Samaritan Laws.
- Work with policymakers to embed CPR initiatives in health and education frameworks.



Best Wishes from President of America Nepal Medical Foundation Dr. Bishnu Sapkota

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नेपाली गीत को साथ सिपिआर (CPR) सिखाहोस (Learn Hands-Only CPR with a Song-Nepali Version)



Subscribed

8 Share

https://www.youtube.com/watch?v=wzZNU_lFgmc&t=48s



Scan for Nepali
CPR Song



Nepali CPR Song

The song was composed by Dr. Saud Dhillon with Nepali lyrics and vocals by Dr. Ramu Kharel and production by Rake Jamil. It is also available in Spotify.

The song is set to a rhythm that matches the ideal chest compression rate (100–120 compressions per minute), as recommended by the American Heart Association (AHA).

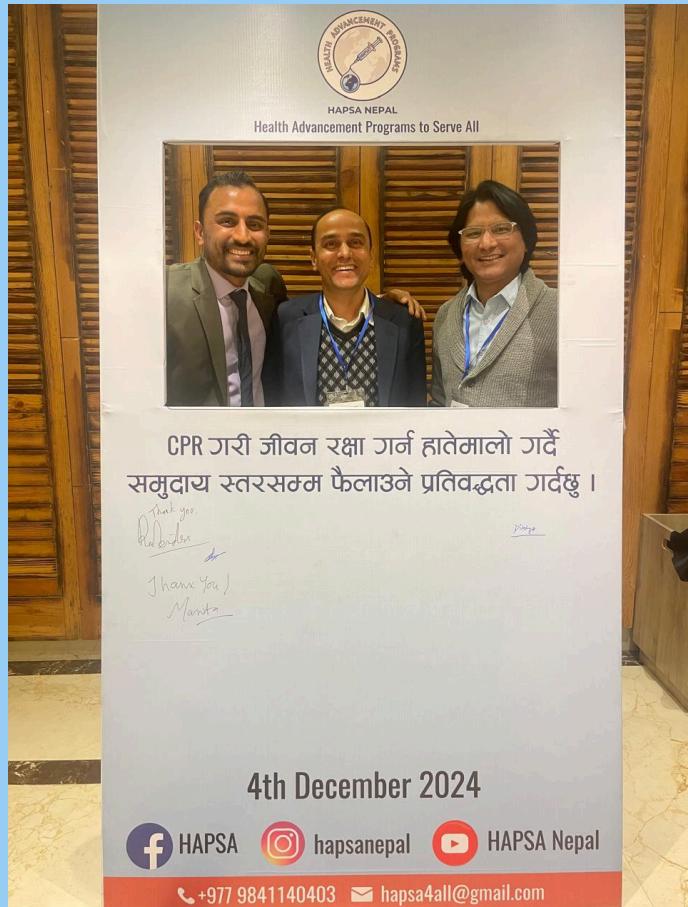
The development of the Nepali CPR song serves as an educational and awareness tool. The song promotes hands-only cardiopulmonary resuscitation (CPR) in a simple, engaging, and culturally resonant way, making it accessible to the Nepali audience.



Volunteers performing on launch of CPR song

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Dr. Ramu Kharel, Dr. Samir Kumar Adhikari and Mr. Bimal Bist



Declaration

"Together, to save lives, we will join hands to advance community CPR in Nepal."



“CPR गरी जीवन रक्षा गर्ने हातेमालो गर्दै समुदाय स्तरसम्म फैलाउन प्रतिबद्धता गर्दछु।”

Signing up for action: Participants signing the CPR Declaration



MoHP and other 52 participants from different organization have signed the declaration to support and join hands to advance community CPR in Nepal. We look forward to working with you to achieve these goals and welcome your continued engagement in this critical endeavor.

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Group Photo



Members of NSI and MoHP



Gallery



Group Photo



Video Message by Honorable Health Minister Pradip Paudel

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News Coverage



<https://swasthyakhabar.com/story/58566>



<https://ekantipur.com/health/2024/12/05/song-to-spread-awareness-about-cpr-18-27.html>



<https://www.setopati.com/social/345325>



Acknowledgments

HAPSA Nepal extends heartfelt thanks to all participants and stakeholders for their dedication to this life-saving cause. Together, we will advance community CPR across Nepal, ensuring that every community is equipped to respond promptly and effectively to emergencies. Let us continue to join hands to save lives.



Mr. Pankaj Bhattarai, HAPSA Nepal President welcoming the guest



Dr. Kamal Thapa sharing about CPR in context on Nepal

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Contact Us



HAPSA



hapsanepal



HAPSA Nepal

Nepal Office:

Buddhanagar, Kathmandu

hapsa4all@gmail.com

+977 9841140403



Represented Bodies

