

## **Research 2080/81**

In view of very limited data available on clinical, therapeutic and clinical cardiology in the country, JMT in coordination with Cardiac Society of Nepal (CSN) has committed to encourage young researchers in the field of cardiology through establishment of an award. Hence, this year, Dr Rakesh Verma was awarded with 'JMT Best Thesis Award'. In addition to that, NRs 100,000 will be provided to the winner and the thesis will be published in the Nepalese Heart Journal.

### **CASE STORIES**

Lalita Devi Mandal, a 25-year-old from Rajbiraj, Saptari, is an active individual who recently visited a cardiac camp organized by Jayanti Memorial Trust and MCVTC with support from Edward Lifesciences (University of Washington) in her hometown Rajbiraj. At the age of 14, Lalita was diagnosed with a rare cardiac condition. However, she never gave it much thought as she had been living with it since birth and had never experienced any symptoms or negative effects throughout her childhood.



To her surprise, she discovered that she needed to replace her valve immediately. Lalita's husband took the initiative to bring her to Kathmandu for further treatment. Initially, they were worried because they had never heard of valve replacement and did not have sufficient funds to undergo such a procedure.

However, their worries were alleviated through the help of the government's poor funding scheme and the financial support provided by Jayanti Memorial Trust. With the assistance of Jayanti Memorial Trust, Lalita was brought to the Manmohan Cardiothoracic vascular Transplant Center (MCVTC), Maharajgunj where she received the necessary treatment and was able to undergo her operation successfully.

The financial support from JMT and the government's funding scheme made it possible for Lalita to receive the necessary medical treatment that she needed. This support has been instrumental in her journey towards a healthier life. This experience has not only improved her overall well-being but it has also instilled a deep sense of gratitude and commitment towards the medical team who helped her reach this point. Being able to enter the hospital struggling for breath and then leave with the ability to breathe normally and with a fully functional heart has motivated Lalita to prioritize her health. Filled with gratitude, Lalita expressed her heartfelt thanks to the medical team that treated her and to Jayanti Memorial Trust for their support. With her health significantly improved after the successful operation, Lalita joyfully returned to her hometown.

## Case Story

Bishnu Pariyar, aged 17, a resident of Beni, Phedikhola, Pokhara comes from



a lowincome family, who are mainly involved in farming as source of income. Bishnu, who had a long standing history of heart disease for 13 years, resulting in shortness of breath and frequent fainting had her initial treatment in Manipal Hospital, Pokhara. She was brought to Kathmandu for further diagnosis and was operated on successfully at Shahid Gangalal National Heart Center, Baansbari. Although her treatment cost was very high, Bishnu's aunt collected

donations from different sources and to cover her treatment expenses.

Over time, Bishnu started living a normal life and but when her family experienced a financial crisis Bishnu felt that she was the reason for the crisis and so after some months, Bishnu decided to marry one of her colleagues who would support her financially. A few months after their marriage, she was pregnant and was not continuing with her regular medication. This led to her heart condition recurring and Bishnu's quality of life diminished significantly as she suffered from Acute Decompensated Heart Failure (ADHF) which is a clinical syndrome of new or worsening signs and symptoms of heart failure. Although she tried to alleviate some of these symptoms with medication, she still found she was limited in what she could do and her condition escalated and sadly resulted in a miscarriage. This led Bishnu to becoming restless and being frustrated mentally and physically.

After recurrent sickness, she was referred to Western Regional Hospital, Pokhara for further treatment and observation. After analysing her cardiac symptoms, the specialists put her on medication and monitored her condition closely. She was admitted to the ICU where she



underwent treatment for ADHF in the form of **Mitral regurgitation (MR)**, which is a heart valve disorder. As her family were not financially stable, they could not afford all the diagnostic tests that were the necessary protocol for her treatment process. During her hospital stay, she was advised to seek help from Jayanti Memorial Trust for her medical expenses. The Trust was able to aid Bishnu with her treatment. Her road to recovery was rough, as she was a patient with a pre-existing cardiovascular disease requiring intensive care. Considering her condition, Jayanti Memorial Trust provided her with free treatment and supported her in purchasing essential medicines and treatment. Her treatment was not an easy procedure and Bishnu experienced extreme discomfort and pain during the treatment through which the Trust was able to support her. Even now, Bishnu recalls her treatment journey and says **“With the help from JMT, I have survived and the Trust gave me a new life”**.

## केस स्टडी

### कमला आले

पुरानो घर धादिङ भएपनि हाल पोखरा ५ मा बस्दै आएकी कमला आले उमेरले ४५ वर्षको भईन श्रीमानलाई केही वर्ष पहिले नै गुमाईसकेकी कमलाका २ छोरा अनि १ छोरी छन । केहि वर्ष अगाडि एउटा छोरा बिदेशतिर कमाउन गएको तर सम्पर्कबिहिन रहेको र अर्का छोरा बिगत ८/९ वर्षदेखि जेल जिवन बिताईरहेका छन । छोरी ज्वाई नै कमलाको साहरा बनेका छन । आयस्रोतको केहि बलियो आधार नभएकी सन्तानको सुखवाट बन्चित उनी मानसिक रुपमा पिडित थिईन् । उनी एक्कासी बेहेस भएर ढलेपछि ज्वाईको सहयोगमा उनलाई पोखरा स्वास्थ्य विज्ञान प्रतिष्ठानको इमर्जेन्सी विभागमा उपचारको लागि ल्याईयो । उपचारको क्रममा उनको रगतलगायत विभिन्न चेकजाँच गराईयो ।

ज्वाई आशिष गुरुडले रिण गरेर ल्याएको पैसा कमलाको उपचारको क्रममा सकिदै थियो । हार्ट अट्याक भएको उनलाई एन्जियोग्राम तथा स्ट्यानट राख्नुपर्ने डक्टरले सल्लाह दिनुभयो । उपचारमा पैसा एकदेखि दुई लाख जति लाग्ने भयो । कमलाका छोरीज्वाईको पनि आयस्रोतको बलियो आधार नभएकोले थप उपचार गर्न नसकिने अवस्था आयो । उनका ज्वाईले आफ्नो आर्थिक अवस्था कमजोर भएको र थप उपचार गर्न नसकिने बताएपछि उपचारमा संलग्न डक्टरले जयन्ती स्मृति प्रतिष्ठानसँग सहयोगको लागि सल्लाह दिनुभयो । कमलाको पारिवारीक अवस्थालाई मध्यनजर गर्दै प्रतिष्ठानको आर्थिक सहयोगमा कमलाको उपचार सुरु भयो । तीन दिने आई सि.यु तथा मेडिकल वार्डमा भर्ना भएर उपचारपश्चात उनको स्वास्थ्यमा क्रमिक सुधार हुन थाल्यो । आर्थिक अभावको चिन्ताले मानसिक रुपमा विछिप्त भएकी उनी शारिरीक रुपमा पनि गलिन । तर सहि समयमा पाएको उपचारबाट उनमा फेरि जीवनप्रति आशा पलाएको छ । आफ्नो सासुआमाको स्वास्थ्य उपचारमा सुधार ल्याउन महत्वपूर्ण भूमिका निर्वाह गर्नु हुने कार्डियोलोजिस्टको टिम अनि जयन्ती स्मृति प्रतिष्ठानको आर्थिक तथा काउन्सेलिङबाट गर्नुभएको सहयोग सधैं सम्भिरहने बताउनुहुन्छ कमला आलेका ज्वाई आशिष गुरुड ।

उपचारमा आर्थिक सहयोग = रु १८७४२/- फोटो नराख्ने सर्तमा बनाईएको केस स्टडी नोट :कमला परियारले नियमित खानुपर्ने औषधीमा जयन्ती स्मृति प्रतिष्ठानले सहयोग गरिरहेको छ ।

## **Case Story**

### **Title: A Heartwarming Journey: Anand's Battle with Heart Defects**

In the rural expanse of Tirhut, Rajbiraj little Anand Kumar Yadav, a four-year old visited JMT's cardiac camp conducted at Rajbiraj. After a series of tests, they discovered a congenital heart defect known as atrial septal defect (ASD), a hole in the wall between the upper chambers of his heart. The news was a heavy blow to Arjun's parents, but they remained determined to do everything possible to help their son.

Without hesitation, Anand's family rushed him to the Manmohan Hospital for further diagnosis and treatment. Anand required device closure, a procedure vital for his survival. Understanding the severity of Arjun's condition, the doctors recommended immediate intervention and started necessary procedures.

With financial support and assistance from the trust, Anand's medical journey became less daunting. The trust not only facilitated the necessary medical procedures but also alleviated the financial burden, ensuring that Anand received the best possible care without any compromise. As Anand underwent the procedure, the trust extended its help by providing lodging, fooding and ensured that Anand and his family had access to amenities during their stay at the hospital.

After a successful operation, Anand family expressed their heartfelt thanks to the trust and returned home after his recovery.

