

# Bagmati Province Health Policy and Programmes

Introduction; HA PHO Loksewa notes

## 2.1 Introduction to Bagmati Province

- Bagmati Province is one of the seven provinces formed after the restructuring of Nepal under the Constitution of Nepal 2015.
- It has 13 districts, including Kathmandu, Lalitpur, Bhaktapur, Makwanpur, Chitwan, etc.
- Home to Kathmandu Valley, the country's economic and political center.
- Health services vary widely:
  - Urban areas: Advanced hospitals, private clinics, specialty services.
  - Rural and remote areas: Still face challenges like limited health posts, shortage of skilled health workers.

Therefore, Bagmati Province needed its own health policy to address urban-rural gaps, non-communicable diseases (NCDs) rise, disaster vulnerabilities, and population pressures.

## 2.2 Bagmati Province Health Policy, 2077 (2020)

The provincial government officially endorsed a specific Health Policy in 2077 B.S. It aligns with national policies but also localizes priorities according to the specific health needs of the people in Bagmati.

◆ Vision:

"Ensure every citizen's right to quality, equitable, and affordable health care, contributing to a healthy, prosperous province."

◆ Mission:

"To strengthen a people-centered health system that promotes well-being, prevents illness, and provides timely, effective, and affordable care."

## 2.3 Objectives of the Policy

1. **Universal Access:**  
Ensure free or affordable health services for everyone, especially the vulnerable and marginalized.
2. **Quality Improvement:**  
Standardize clinical guidelines, upgrade infrastructure, improve diagnostic and curative services.
3. **Integrated Health Services:**  
Promote Preventive, Promotive, Curative, and Rehabilitative services.
4. **Human Resource Strengthening:**  
Recruit, train, and retain health workers with special incentives in remote areas.
5. **Multi-sectoral Approach:**  
Collaborate with education, agriculture, water-sanitation sectors for health determinants.
6. **Disaster Preparedness:**  
Build health systems resilient to earthquakes, pandemics (like COVID-19), floods, and epidemics.

## 2.4 Major Strategic Pillars

Pillar	Details
Infrastructure Development	Upgrade PHCCs to 15-bed hospitals; establish ICU facilities in major hospitals; ambulance services expansion.
Human Resource for Health	Deployment of MBBS doctors, MDGPs, nurses, midwives in PHCCs and district hospitals; scholarships with service bond.
Health Financing and Insurance	Enroll citizens into Social Health Security Programme (SHSP); subsidize poor and marginalized groups.
Health Governance	Strengthen provincial-level data systems (e.g., Provincial HMIS); annual review meetings; real-time monitoring.
Quality Assurance	Implement hospital accreditation; regular health facility supervision; complaint management system.
Disease Prevention and Health Promotion	Campaigns against smoking, alcohol; nutrition promotion; physical activity encouragement.
Research and Innovation	Promote operational health research; evidence-based health policy making.

## 2.5 Priority Health Programs in Bagmati Province

### ◆ Family Planning and Safe Motherhood:

- Free contraceptives, maternity incentives, safe abortion services.
- Establish Birth Centers with Basic Emergency Obstetric and Neonatal Care (BEmONC).

### ◆ Nutrition Program:

- Vitamin A supplementation, deworming, promotion of exclusive breastfeeding.
- School feeding programs in collaboration with education sector.

### ◆ Non-Communicable Disease (NCD) Control:

- Screening camps for diabetes, hypertension, cancers (especially cervical and breast cancer).
- Health education campaigns for healthy lifestyle adoption.

### ◆ Mental Health Program:

- Basic mental health services through PHCCs.
- Training of general doctors and nurses in mental health management.
- Psychosocial counseling services expansion.

### ◆ Expanded Programme on Immunization (EPI):

- Maintain >95% immunization coverage for DPT, Polio, Measles-Rubella.
- Introduce new vaccines such as HPV (Human Papilloma Virus).

### ◆ School Health Programs:

- Regular school health checkups.
- Adolescent reproductive health counseling.

#### ◆ Emergency Preparedness and Response:

- Earthquake-resistant health facilities.
- Stockpiling of emergency medical supplies.

#### ◆ Zoonotic Diseases Control:

- Mass dog vaccination to control rabies.
- Awareness on leptospirosis, brucellosis.

## 2.6 Institutional and Operational Structure

Level	Responsibility
Provincial Health Directorate	Overall health sector planning, budgeting, and monitoring.
District Health Offices	Coordination with municipalities, technical support to local health facilities.
Local Governments	Actual service delivery at health posts, PHCCs, municipal hospitals.
Coordination Partners	NGOs, INGOs, UN agencies (UNICEF, WHO), Private Sector collaborations.

## 2.7 Achievements of Bagmati Province (up to 2024)

Indicator	Achievement Status
Skilled Birth Attendance	Achieved 65% institutional delivery rate.
Health Insurance Enrollment	About 40% of the target population enrolled.
Infrastructure Expansion	6 District Hospitals, ICU beds in 10 Hospitals.

Vaccination	Routine coverage >95% maintained.
NCD Screening	Over 150,000 people screened for NCDs in 2023-24.

## 2.8 Major Challenges

- **Urbanization Pressure:** Increase in pollution-related diseases (COPD, Asthma).
- **Double Burden:** Both infectious diseases (e.g., TB) and lifestyle diseases (e.g., Diabetes) prevalent.
- **Inequality in Health Access:** Rural hilly regions (like Nuwakot, Rasuwa) lag behind urban cities.
- **Workforce Retention:** Difficulty in keeping skilled specialists in rural areas.
- **Mental Health Gap:** Lack of adequate trained mental health professionals.
- **Health Financing Gap:** Health budget allocation still less compared to need.
- **Disaster Preparedness:** Inadequate readiness at all levels for quick response to major disasters.

## 2.9 Future Priorities

### ✓ Expand Digital Health:

- Introduce mobile-based health records.
- Expand telemedicine to rural municipalities.

### ✓ Strengthen Referral Systems:

- Ambulance network, emergency hotline services.

- District hospital strengthening to handle emergencies.

#### ✔ Promote Health Research:

- Provincial Health Research Unit establishment.

#### ✔ Enhance Community Participation:

- Greater role for FCHVs, Mothers' Groups, Ward Committees in health programs.

#### ✔ Environment-Friendly Health Infrastructure:

- Solar-powered health facilities.
- Green Hospitals initiatives.

#### ✔ Integrate Mental Health and NCDs into Primary Health Care:

- Routine mental health screening at health posts.
- Availability of essential psychotropic drugs.

#### ✔ Partnership Models:

- Public-Private Partnerships (PPP) in hospital management.

#### Summary:

Bagmati Province's Health Policy, 2077 is a progressive roadmap aiming at ensuring health for all through quality, equity, accountability, and resilience. Despite progress in areas like infrastructure, immunization, and maternal health, challenges like urban-rural divide, health financing, and disaster readiness still need stronger action. Moving forward, technology integration, community

empowerment, and innovative financing will be key to achieving better health outcomes.

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