



Inside this issue:

Report on CHN Practicum	2
Short Term Inter.....	2
Graduation Celebration	3
Reluctant Farewell to LNC	4
Selection of LNC	5
Excellent Results	5
Campus News Flash	6

Lalitpur Nursing Campus at a glimpse...

Lalitpur Nursing Campus (LNC) was established in 1959 by the United Mission to Nepal (UMN) as an institute to educate young Nepali men and women entering into the medical field of nursing who would go on to serve in the Shanta Bhawan Hospital.

The LNC has since grown into an independent institution of higher education and is academically affiliated with Tribhuvan University, Institute of Medicine (TU-IOM). In December 2003 the LNC Board of Director was formed to create a constitution and by-laws to financially govern the newly autonomous nursing campus.



Since its beginning, LNC has produced forty-three batches of Proficiency Certificate Level (PCL) students and seven batches of Post Basic Bachelor in Hospital Nursing.

The mission of LNC is to serve the people of Nepal by educating qualified men and women to work as professional nurses. This also extends to preparing graduate nurses for leadership training in teaching and management. LNC has served as a model institution of higher learning for nursing education in Nepal, influencing health care by providing conceptual and problem solving, skilled and compassionate nurses who demonstrate quality nursing care wherever they serve.

The Campus strongly upholds such LNC values as equality, love, service, forgiveness, integrity, cultural sensitivity and humanity. Students, faculty and staff are cared for without discrimination based on social, religious, caste, or economic status.

There are two TU-IOM nursing courses taught by LNC; The Proficiency Certificate Level course is a 3-year programme that commences in March and has a yearly intake of 45 students. Secondly, there is the Post-basic Bachelor of Nursing (BN) course, which is a 2 year programme that commences in November and has an annual intake of 20 students. In addition to these main courses, LNC also provides the faculty with in-service training and informal education for support staff.

There are a total of 175 students within the student body. They come from all parts of Nepal and are of different backgrounds. They are selected and prepared for service as nurses without discrimination regarding sex, religion, race and ethnic group. All certificate level students must have completed their primary and secondary education and passed the rigorous TU-IOM national entrance examination for nursing. More than two-thirds of the students live in the campus hostel.

The Bachelor of Nursing programme was begun in 1996 to prepare Nepali staff nurses for leadership and managerial positions in hospital and community areas. BN students have completed their basic nursing education and worked for several years as professional staff nurses prior to entering the BN programme.

Dear Friends,

As you are probably aware, Lalitpur Nursing Campus (LNC) has completed the journey of transition period on July 2004. Now we are independent with same philosophy and vision that is to serve needy people of the community of Nepal. We certainly felt your prayer support as we met and experienced the tender love of God's hand in a very definite and profound way.

However, we are still eagerly waiting for a big auditorium on unused land. This auditorium could be use for conference, seminar and extra curricular activities, as well as be hired out. Therefore we can use it to income generate continuously for sustainability of the campus. Though it might be only a small contribution but for us it is a good starting.

Despite unfavorable situations we were able to continue the renovation of the campus building. Without your faithful prayer and support it was not possible. Therefore we LNC family request our friends to continue keeping us in your prayer. We really value your prayer.

We felt it is our responsibility to keep you informed and encourage you to write to us regarding your questions, valuable suggestions and your comments.

The Publication Committee

Rebecca Sinha , Campus Chief

Brief report on Community Health Nursing Practicum

Lalitpur Nursing Campus started major Community Health Nursing in November 2004. First batch of community group has only three students. As curriculum schedule, the students have to experience two months (eight weeks) residential field and accordingly, we were sent to Chapagaun Village Development Committee (VDC), Lalitpur.

The objective of residential field was to conduct health survey, use data to plan, implement and evaluate health actions including care of high risk individual and families within the specific area by application of nursing theory and nursing process especially for mother and children focusing on use of community resources. It also included the activities to help to decrease morbidity and mortality in collaboration with the service of local health post staff and community actions.

On the basis of objective, we selected the needy community area with the help of health post staff. The community assessment was done by conducting survey of one hundred fifty households (fifty houses per each of us) of the

selected area. The survey has covered certain criteria such as; population distribution, educational status, socio-economic status, environmental sanitation, maternal and child health (immunization, family planning and nutritional status) present and past illness, and health seeking practices. Local school health assessment was also performed.

Following analyzed the data, community diagnosis was made for the different diagnosis. Health actions were carried out differently. In health post, teaching for TBAs, role-play in community and several health education classes for school students.

As well as above mentioned health actions, we selected nine special high risk families (three families per each student). Family assessment, diagnosis, planning, implementation and evaluation were done orderly.

During the residential field of two months, we learned the process of data collection, community diagnosis, prioritization of needs, planning and implementation along with evaluation.



Students with teachers and Staff of Health Post

Gaining exact statistical data of the assigned specific area of survey, finding out the real problems, and being somehow succeeding in dealing with the problems, is the main achievements through the community practicum. It helped us to know what the real community is and what the role of a community nurse is.

All the above activities were reported to health post staff, VDC representative, local club members and campus representatives. Community experience was carried out smoothly and found very challenging.

BN students (Community Health Nursing first group)

Short Term International Health Program

"I spent 3 months in Nepal where I worked in Patan Hospital and studied in Lalitpur Nursing Campus. At first I spent three weeks visiting in different kind of places with teachers. Observation visits were really interesting, especially the Chapagaun Health Post. It was interesting to see how the health care system works here.

After all the observation visits I then started my practical training in Patan Hospital in the Maternity Ward for three weeks and then Pediatrics for two weeks. I enjoyed myself in both wards and I learn a lot. I am really thankful for the teachers and nursing students who helped me whenever I had problems or questions.

All in all these three months have been one of the greatest experiences in my life. It was really interesting to familiarize myself with the Nepali culture and get to know different kinds of people. I made friends with students from the nursing campus very easily because all the students were so friendly. On the very first day at the nursing campus I felt really welcomed thanks to all the teachers and students in Lalitpur Nursing Campus.



Veera Makenin, Nursing student from Finland (Diak Polytechnic)

Graduation Celebration 2005 of Lalitpur Nursing Campus



Students performing cultural programme

Lalitpur Nursing Campus (LNC) held the Proficiency Certificate Level (PCL) 3rd year graduation celebration on March 28, 2005 at LNC premises. Many distinguished guests were invited from

of the LNC Board of Directors. Following the prayer a welcome speech given by Ms. Rebecca Sinha, Campus Chief, LNC, who also presented "Token of Love" and gifts to those who support the LNC

different institutes and other related sector. In all there were about 225 people gathered for this ceremony.

The programme started with prayer from Dr. Rajendra Rongong, Chairman

scholarship program as well as other nursing campuses scholarship program. Also a letter of Appreciation was given to the neighboring School who helped us by providing classroom space during entrance examination of PCL. Honour Medals were distributed to the two students who stood Board first and Board Second in the final examination of 2004 given by Tribhuvan University, Institute of Medicine.

The remaining part of the programme welcomed the new PCL students and a farewell to the graduating students who are starting their nursing career to serve in the community and hospitals. The Campus Chief, Assistant Campus Chief and coordinators welcomed the newcomers and presented them with flowers. Similarly, they gave flowers to the graduating students and best wished them for their future. The programme was followed by cultural show by the students.



Graduated Batch of 2005

Reluctant Farewell to Lalitpur Nursing Campus

"It was the best of times, it was the worst of times." Charles Dickens famous introduction to "A Tale of two Cities" describes the five years during which I have been teaching English at Lalitpur Nursing Campus.

The worst of times describes the political situation. The needless loss of life and subsequent bereavement and suffering has provided a backdrop of fear. This has not been conducive to a good study environment. All the students successfully passed and qualified as nurse and the two top students in all seven Nursing Campuses affiliated to TU were from Lalitpur Nursing Campus.

"Why doesn't every woman in your country want to be a nurse?" some of my student ask. Almost every women in Nepal does, making this the best of times. The caliber of the students being admitted to the Lalitpur Nursing Campus is very high. In 2004 there were 611 applicants for 45 places. Some of the applicants had already passed ten plus two although the requirement for the entrance exam was only a good second division pass at SLC. Not only are these girls intelligent, attractive as Nepali girls are, but they show real empathy. "It's so hard, Miss, to see people suffering so much," said one first year student, who obviously hadn't fully realized what nursing would involve. Guessing a foreigner's age is always an entertaining game for Nepalese. "I have noticed this and this about you," said one of my students, "so I think you must be more that 65." What a good nurse she will make – she was correct and very observant. Some former students of Lalitpur Nursing Campus have gone to the B.P. Koirala Hospital. Doctors have

said they like to have these students, as they will do more for the patients than other nurses. It has been a privilege and pleasure to teach these girls.

So it has been a pleasure to work with every member of staff at Lalitpur Nursing Campus who contributes their varying skills to bring about a good standard of compassionate nursing care and to maintain a pleasant working environment. All come together for various activities such as the Christmas programme, welcome and farewells for staff and students and the annual staff picnic which provides an opportunity to relax together. It is said that students enjoy a better quality of teaching when the staff have good relationships.

Lalitpur Nursing Campus has what the students would term "a bright future". A grant has been given for the renovation of the building, which should greatly improve facilities for the staff and students and put an end to some current difficulties. The Bachelors Nursing Programme, started in 1996, has just added "Community Health" as an optional specialty and hopes to add the desperately needed "psychiatric nursing" next year. It is envisaged that in the future there will be a Master of Nursing programme. I am sorry that I cannot be part of this future and I wish my colleague, Ron Happ every success as he strengthens the English side of these programmes.

Finally I would like to make an appeal. At a street party I attended recently, a musician told me "To maintain my level of skill I need to practice for one hour every day. To improve I need three hours." I believe this to be true of language.



Should any English speaker have time to help these students maintain and improve their English language skills in any way they themselves would enjoy: conversation classes, discussion groups, drama group, story/article writing, they will be doing a capacity building/maintaining job and will have a special opportunity, not very readily available, for memorable relationships with these young Nepali women and some fresh insights into life in Nepal. Please contact Radha Bangdel, Assistant Campus Chief on 977-1-5521634, 5529476.

So with regret I say to Lalitpur Nursing Campus "Au Revoir". Translated literally that means: "Until we meet again"

Angela Dickinson

Why did you choose LNC for nursing training?

I always had a wish. A wish of humanity, a wish of serving and a wish requiring a whole lot of dedication, devotion and determination. To behold the spirit in every being, to serve people at all times and in all conditions of life, to see, taste, feel everything lively has always been my creed. To utilize the hands, heart, brain and senses for the service of mankind has always been my desire. Now I believe that all the good wishes and dreams do come true. They change into reality. The Almighty fulfills them, as I have recognized.

Even a little child has a great dream to kiss the sweetest mission in his/her future. Likewise, we too have varieties of dreams but in spite of our great desire and hard labour, cause it is competitive age and all of us cannot simply face the competition. In the same way, to get through the competition was tough for me also, as I had to be selected among 638 candidates. After gathering my courage, patience and hard work I got over it and got a chance to study in LNC, one of the outstanding Nursing Colleges of Nepal. Now, I have found that the first



step is often the most difficult one. But once it is taken, the rest becomes easy.

It's pretty good, I feel, to answer this question. As per my opinion I found the answer but it may differ to one's mind. Nursing, simply is not a job, but is a career which is highly idealistic. To be a good nurse one should possess various qualities which LNC helps the students meet them all. The environment

here is suitable enough to make the students successful in the nursing field. A mutual understanding between the teachers and students has always been prevalent in LNC. Teachers are always a part of the student's life. They capture the core of students. Here, the teachers are really frank and always try to find out the problem of their students and love to cope with the problems. It is obvious that to achieve a goal one should be disciplined and the discipline is strictly maintained. LNC teaches the moral values, knowledge and self confidence in students. All staff provides a homely environment for the students. In addition to this, a peaceful and soothing environment is always helping us to concentrate on our studies. A clean and green environment along with the modern amenities has made the college more beautiful to study in. Taking these things as a whole, LNC is the base of my quality education in order to fulfill my dream. So, I have chosen LNC for my nursing training.

Pratishta Nepal
PCL 1st year



From left to right: Ms. Sushma Maharjan (Board Second), Ms. Rebecca Sinha, Campus Chief and Ms. Sonica Dahal (Board First)

Excellent Results

Students from Lalitpur Nursing Campus (LNC), who have received the results of their Proficiency Certificate Level Nursing Batch of 2004 examination given by Tribhuvan University, Institute of Medicine (TU, IOM), and have achieved an outstanding pass rate of 100%. In addition to this, two LNC students have secured the Board First and Second in the whole of Nepal among the TU, IOM nursing campuses.

Board first was achieved by Ms. Sonica Dahal and second by Ms. Sushma Maharjan. We congratulate both of them on behalf of Lalitpur Nursing Campus.

- ◆ In November 2004, 20 Post-Basic Bachelor students completed their course and graduated from the campus and 18 new students enrolled in Bachelor level from same date. From this year intake of Community Major in BN started.
- ◆ Ms. Shyama Kumari Shrestha and Ms. Khagi Maya Pun joined duty after completing Masters in Nursing at Christian Medical College, Vellore, India. One is continuing her study.
- ◆ Forty-five third years Proficiency Certificate Level, Batch of 2005 students passed. 100% pass.
- ◆ New batch of first year students were admitted and started their classes in March 2005. Six hundred and eighteen students had taken the entrance exam. Of these 45 new students represent various ethnic groups and come from different parts of Nepal.
- ◆ Mrs. Angela Dickinson went back to her country for good after working here for many years.
- ◆ Six international students came to LNC to do practicum under Short Term International Health Program from Finland.
- ◆ Appreciation certificate and token of love received from different organizations to the Campus Chief and the campus.
- ◆ Baby boys born to our faculty members, naming Mrs. Sangita Poudel and Ganga Joshi respectively. Congratulations to them.
- ◆ Mr. Krishna Thapa, one of our ancillary members, antied the nuptial knot with Ms. Urmila Timilsina.



- ◆ LNC's Recruitment Committee recruited two new members. One in faculty and one in auxiliary staff.
- ◆ This year 26 new students were selected for scholarship.

- ◆ Turn by turn, supporting staff are attending non-formal education conducted by Young Women Christian Association (YWCA). Two of them have already completed non-formal education of 9 months. Another two staff are presently attending the programme.
- ◆ New Vehicle was purchased thanks to the funding from InterAct, Sweden.

Ujjwal Upadhaya

Heartfelt Condolence

Late Mr. Dayananda Prasad Sharma

We would like to express our deep sympathy on the sad demise of our former staff
Mr. Dayananda Prasad Sharma

on

April 25, 2005.

May the almighty give eternal peace to his soul and courage to family members to overcome the sorrow.

Lalitpur Nursing Campus Family

THANKYOU

We would like to thank **American Schools and Hospitals Abroad (ASHA)**, Agency for International Development, for awarding us a grant to renovate the old campus building. We look forward to the benefits that will come from the long awaited renovation.

We are in the final stage of all paper works and hopefully, we will be able to start renovation work soon in the near future.

The Campus Family

Address all correspondence to:

LALITPUR NURSING CAMPUS

PO Box 21885, Kathmandu, Nepal

Tel (977 1) 5521634, 5526490, Fax 5529476

E-mail: cclnc@mos.com.np

lnc@mail.com.np