



NAUS UROSCOPE

www.naus.org.np

An official Publication of Nepal Association of Urological Surgeons

2019 - February

Volume - 2

Issue - 1

Editorial



Urocon Time at Paradise Pokhara...

We feel delighted to bring the second edition of NAUS newsletter Uroscope, at the eve of Urocon 2019. The theme of the Urocon 2019 is "Female Urology: Future Perspectives". In fact, February is the flowering month dedicated to Women's health. February is the month of blossoming red roses with love.

This is Urocon Time of 5th UROCON, Nepal, which is going to be held at the Paradise city of Pokhara in Gandaki Province of Nepal. Pokhara valley is famous for natural and cultural heritages. Pokhara is the mixture of nature, culture and adventure.

During your visit to Pokhara, this February, you must spend some time for Boating on lakes, observe the mesmerizing beauty of Himalayas and touch the sky with paragliding. Sunrise view from Sarangkot hill top and World Peace Stupa will imprint lifelong memories.

This Urocon time is for fellowship as well, which will be possible by meeting national and international faculties and colleagues and sharing ideas an expertise and building good association as well.

This issue of NAUS Uroscope is dedicated to the Urocon 2019 at Paradise Pokhara and recent NAUS activities. We are thankful to each member of NAUS, technical team who have helped us to bring out this newsletter.

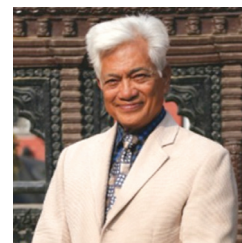
Wishing a Happy Urocon Time at Paradise Pokhara and a joyful reading,

Editor, NAUS Uroscope

Dr Bhoj Raj Luitel (drbhojraj@gmail.com)

Chairman, Board of Registry and Publication (NAUS)

Nepal's First Urologist: Living Legend



The first Urologist of Nepal, **Dr. Viswa Raj Dali** is 80 years old now but still energetic and young towards his work.

Academic and Professional Career:

He pursued his late father Sesh Raj Dali's dream of becoming renowned doctor although his initial dream was to become an engineer. His contribution towards Nepalese society is remarkable in the field of urology.

He completed his MBBS in 1960 from SN medical college and MS in general surgery from India in 1963. He started his carrier at Kanti Children's Hospital as a general surgeon. He was transferred to 50 bedded Lumbini Zonal Hospital in 1967 where he had to work under several challenging circumstances.

In 1983, he completed his fellowship in Urology from England. After returning to Nepal, he established



separate Urology department at Bir hospital, Kathmandu. For the establishment of the department, he had brought several new and highly equipped instruments himself. He served government of Nepal for 30 long years. Then he devoted his precious time to Bhaktapur cancer hospital for the next twelve years.

Throughout his journey of life he has always been supported by his better half, Dr. S.M. Dali. Still at his 80's, he is serving the nation with same enthusiasm and energy as he used to work at age of his eighteen.

NAUS family wishes VR Dali Sir's good health and Long life.

Introduction to Paradise Pokhara: Nepal's pride

Nepal undoubtedly deserves its identity for an ideal mountain tourist destination as it has successfully conducted the mixture of myriad tourism activities like soft walking, mountain sightseeing, trekking, mountaineering, community based tourism, rural/village home-stay tourism, eco tourism, adventure-sports tourism, etc.

Amidst various prime tourist locations of Nepal, Pokhara in central Nepal is cosmically blessed and naturally gifted. Consequently, it has become one of the world's most attractive tourist destinations with the perfect blending of the unparallel prettiness of the nature and mystery of culture. From touristic perspective, Pokhara with the area of 123 sq km, certainly remains full of unlimited natural attractions, cultural beauties, biological diversities and ultimately has become a proud-worthy spot of Nepal. The spectacular views of scenic Annapurna Himalaya range, the shortest distance of snowcapped mountains (Mt. Fishtail on just 28 km away), the harmony of exotic mountains, eye catching lakes and the mystical form of Machhapuchhre mountain reflected into Fewa Lake, are the praise worthy features of Pokhara that have made to fascinate thousands of tourists, especially from abroad.

Situated at an altitude of 827 meter, Pokhara possesses climatic varieties, contrast vegetations, various scenic Lakes,

attractive gorge of Seti river and ranges of snow-capped mountains. Pokhara Valley and its surroundings are not only equipped with unique natural phenomena like nine lakes (e.g. Begnastal, Nyureni, Gunde, Khashte, Rupa, Maidi, Dipang and Fewalake) and world's three highest mountains [Annapurna I (8091m), Dhaulagiri (8167m), Manaslu (8164m)] but also various extraordinary and unlimited cosmic vibration like mild temperature (ranging from 2 degree Celsius in the winter to 35 degree in summer), the highest precipitation in Nepal (rainfall with 5600 mm/year or 222 inches/year), Seti-Gandaki river system, strange caves (e.g. Gupteshwar Mahadeve cave, Mahendra cave, etc.) and amazing falls (e.g. Davis fall) along with thrilling deep Seti Gorge with more than 500 meter underground flow.

The huge socio-cultural diversity is another inevitable mysterious attraction of tourism in Pokhara. The overall population of Pokhara has been emerged out of numerous ethnic groups, a number of classes and creeds along with hetero-lingual, who follow different cultures, celebrate distinct festivals, perform a number of rites and rituals and ultimately reflect the collective traditional lifestyles. These ethnic communities have their rich demographic, cultural and religious features which are institutionalized through the spiritual institutions of faith centers like Buddhist monasteries and Hindu temples.

List of the Panoramic Nature	Location	Tourist attractions as viewable and enjoyable
Mount Fish- Tail and Annapurna range	North from Pokhara	Gorgeous view from Pokhara, sunrising and sun- setting.
Fewa Lake	Lake- side, Baidam towards the Southern Flank of Pokhara Valley	Boating, Kayaking, strolling, swimming, shopping, hiking, viewing Mount Fish- Tail's and Annapurna's wonderful reflection from dam site in Fewa Lake
Begnas Lake	About 15 km away from the Mahendra-pool town to the east	Birds watching, swimming, fishing, hiking, horse riding, boating etc.
Rupa Lake	About 15 km away from the Mahendra-pool town, to the east	Hiking, swimming, fishing, horse riding, boating, birds watching, etc.
Seti river gorge	To the north of Mahendrapool and 1 km away from the bazaar.	Amazing view of Seti river flowing down below. Old and real K.I. Singh bridge can be sighted on the left adjacent to it. It is the first cement concrete bridge in Pokhara, built in 2014 B.S.
Bhim Dhunga	To the north of Mahendrapool town, in the premises of Prithvi Narayan Campus, Bagar	Giant and amazing igneous and granite mixed rock- shaped round like a huge glove. There is Annapurna Natural History Museum at hand
Mahendra cave	Batulechaur, Pokhara-16, to the north on 6 km away from Mahendrapool bazar.	Adventurous and curious walking in the cave.
Bat's cave	In the vicinity of Mahendra cave- about 5 minutes walk from the Mahendra cave towards right.	Scaring and frightening but adventurous experience inside.
Patale Chhango (Devi's- Fall)	12 km from Mahendrapool city and 2 km from Lake side. Gupteswar cave is very near in a walking distance.	Lovely rain-bow can be seen in the water vapour rising from the waterfall, exciting, romantic and ever enjoying feeling.
Sarang-kot Hill-Top	Situated on the north west of Pokhara valley	Historical place, Many snow clad mountains can be viewed, Pokhara valley can be sighted to a close distance. Paragliding, hiking.



History and Timeline of NAUS Executive committee



Prof Bishwa Raj Joshi
Immediate Past President
(NAUS)

Background

Nepal Association of Urological surgeons has crossed fourteen glorious years. To make this association vibrant and dynamic, executive committees formed in different timeline have an immense role. To archive those committees formed is the main aim of this article.

On 15th July 2004(30th Asadh, 2061, NAUS Day), a meeting was held at Hotel Shanker , Lazimpat, Kathmandu, Nepal. Sixteen members attended the meeting to name and form the “Nepal Association of Urological Surgeons(NAUS)”. Following are the founder members of NAUS :

1. Dr CP Maskey
2. Dr Bishwa Raj Joshi
3. Dr Krishna N. Rayamaghi
4. Dr VK Jaiswal
5. Dr Jagadesh Lai Baidhya
6. Dr Arjun Dev Bhatta
7. Dr Manish Shrestha
8. Dr Jay N. Shah
9. Dr Parash Mani Shrestha
10. Dr Rameshwor Pokharel
11. Dr Deepak Rauniyar
12. Dr Asarfi Shah
13. Dr Bhola Raj Joshi
14. Dr Uttam Kumar Sharma
15. Dr Guna Kumar Shrestha
16. Dr Prem Gyawali

One ad hoc committee was formed to formulate the constitution of association and to register at District administrative office, Kathmandu and make a logo. Following were the members of first ad hoc committee, which continued as first executive committee from 18th May 2005.

Member of first adhoc Committee:

President - Dr J.L Baidhya
Vice President — Dr. Bhola Raj Joshi
Secretary - Dr Prem Gyawali
Treasurer - Dr Uttam Sharma (Dr. J.N.Shah)
Members –

1. Dr AM. Bhatta
2. Dr CP Maskey
3. Dr KN. Rayamajhi

(Later Dr. J.N. Shah took the responsibility of treasurer)

IInd Executive committee

Place : Hotel Sangrila, Lazimpat

President — Dr J.L. Baidhya

Vice President — Dr. Bhola Raj Joshi

Secretary — Dr Prem Gyawali

Treasurer — Dr J.N. Shah

Members —

1. Dr Mahesh Bdr. Adhikari
2. Dr Uttam Sharma
3. Dr KK Bhomi

(Note: Dr J.N.Shah handed over the responsibility of treasurer to Dr Mahesh Bdr. Adhikari)

IIIrd Executive Committee : 2012 to 2014

Place : Hotel Soaltee

Date : 26 November 2011

From third executive committee two more members were added in executive committee and made of five members.

President — Dr Prem Gyawali

Vice President - Dr Dhruba Bdr. Adhikari

Secretary — Dr Mahesh Bd. Adhikari

Treasurer — Dr Paras Mani Shrestha

Members

1. Dr Bharat Bhandari
2. Dr KK Bhomi
3. Dr Sanjay Khadgi
4. Dr Rabin Joshi
5. Dr Pukar Maskey

IVth Executive Committee : 2014 to 2016

Election Committee :

Dr Bishwa Raj Joshi

Dr Rabin Joshi

Dr Amit Upadhyaya

Place : Indreni Food Land

Election : 17 Feb. 2014

President - Dr Rakesh Verma

Vice President — Dr. Guna Kumar Shrestha

G. Secretary - Dr Mahesh Bd. Adhikari

Treasurer - Dr Paras Mani Shrestha

Members –

1. Dr Anil Shrestha
2. Dr Pawan Raj Chalise
3. Dr Pukar Maskey
4. Dr Rajesh Batajoo
5. Dr Udaya Dangol

Vth Executive Committee : 2016 to 2018

Election Committee :

Dr Manish Shrestha - Chief

Dr Bhoj Raj Luitel – Member

Dr Saroj Baidhya – Member

Place : Summit Hotel

Election: 14 Feb. 2016

President - Dr Bishwa Raj Joshi

Vice President — Dr Uttam Kumar Sharma

G. Secretary - Dr Paras Mani Shrestha
Treasurer Dr Bharat Bhandari

Members –

1. Dr Anil Shrestha
2. Dr KK Bhomi
3. Dr Narayan Thapa
4. Dr Pukar Maskey
5. Dr Rajesh Batajoo

VIth Executive Committee : 2018 to 2020

Election Committee :

Dr Rakesh Verma - Chief
Dr Robin Basnet - Member
Dr Manish Shrestha - Member

Place : Hotel Soaltee

Election : 31 March 2018

President - Dr CS Agrawal

Vice President - Dr Mahesh Bd. Adhikari

G. Secretary - Dr Pawan Raj Chalice

Treasurer - Dr KK Bhomi

Members –

1. Dr Bhoj Raj Luitel
2. Dr Hari Bd. K.C.
3. Dr Deepak Thakur
4. Dr Amitmani Upadhayaya
5. Dr Rikesh Jung Karkee

TAKING NAUS TO INTERNATIONAL FORUMS



Dr Pawan Raj Chalise
General Secretary NAUS
pawan_rc@yahoo.com

With the vision of academic growth of NAUS, we have made significant strides recently taking NAUS and its activities within the country and also reached to the international forum. This year also, USI-NAUS Joint Session was conducted in USICON 2019 at Bhuwaneshor, India which actually started to happen since Jaipur USICON 2018. The session which took full morning session was attended by Indian, Nepalese and other international faculties as well as delegates. We had a very fruitful discussion and had honor of presenting our achievements in international congress. The executive committee of NAUS had a leadership meeting with executive committee of USI where MOU between the two associations has been planned for next three years. We have decided to increase the number of residents for student exchange with USI in the near future. With similar theme of extending the international relationships, BAUSCON 2019 was

also attended. One of the declaration that made during the BAUSCON was “Srimangal declaration” where all SAARC country’s urological leader agreed to establish a SAARC Urological Confederation. With the continued support from UAA, we have been sending three of our senior Urology resident to AURC as well as UAA congress each year. And from last year, have been sending one resident for EBLUS training conducted by EAU in Singapore where they have been attending UROFAIR organized by Singapore Urological Association. Along with above activities our residents have been competing with many residents from all over ASIA and getting selected for trainee week organized by USANZ in Australia. We pledge to keep these academic activities going and further expanding these activities which will benefit our resident as well as our association.



Starting urology in Nepal : 'who will bell the cat ?'

It is surprising when we read the history of telescope/cystoscope, it was invented in 18th century using a simple tube and reflection of image was made by lighting a candle at the end. Now a days, tremendous progress has been made and sophisticated telescope has been developed. Rigid large bore telescopes have been turned to miniaturized semirigid and flexible telescopes with high resolution image quality. It takes time to develop things for which there must be someone to get interested on it by heart and should follow the things continuously. Dr. Chandra Prakash Maskey used to say 'Doing endourology surgery is like performing masturbation because the person who does it only enjoys'. That time, it held true because the whole procedure could be viewed only by operating surgeon as the image transmission in monitor was not developed.

In Nepal, concept of urology as a separate field in surgery just started in 1980s and got evolved as a part of general surgery. The contribution goes to some general surgeons who were keen in developing urology so focused themselves in practicing urology. In 1982, Dr Bishwa Raj Dali completed his fellowship in Urology from England and established separate Urology department at Bir hospital, Kathmandu. Likewise urology was developed in Tribhuvan University Teaching Hospital (TUTH) in 1985 by Dr CP Maskey and Dr Bhola Raj Joshi who were the pioneer surgeons who converted themselves to urologists from general surgeons. Endourology was introduced in Nepal in 1982 at Shanta Bhawan Hospital, Patan (a missionary hospital run by UMN). The credit goes to Prof Jagdish Lal Baidya who brought endourological instruments from UK and started endourology in Nepal.

Another challenge in developing urology was in the field of reconstructive urology and kidney transplantation. After completing MD urology residency program in Urology and Kidney Transplantation from Hyogo College of Medicine, Japan and taking various urological trainings like kidney transplant training from Sindh Institute of urology and transplantation, Pakistan and pediatric and reconstructive urology training from Great Ormond Street Hospital, UK, I could decipher urology as a vast subject and realized that there were still many stones that needed to be turned in urology especially in the field of pediatric and reconstructive urology and kidney transplantation. Hypospadias repair and urethroplasty were few surgeries to name that needed special attention

Prof Dr Guna Kumar Shrestha, MD
HOD, Department of Urology
Principal, Manmohan Memorial Medical
College and Teaching Hospital,
Swyambhu, Kathmandu



because no one dared to perform these operations because of their complex nature and high failure rate. It was pathetic to see all urethral strictures treated with visual internal urethrotomies and dilatation multiple times with poor results. Special interest in the field of pediatric and reconstructive urology pushed me to perform these difficult surgeries at that time. It was in 2010 when Dr Muthu Veeramani, renowned reconstructive urologist from India demonstrated BMG urethroplasty in TUTH and furthermore, various urethral surgery training and workshops from Kulkarni Institute of Reconstructive Urology that followed have now taken reconstructive urology to another level in Nepal. Now, most centres in Nepal provide these services.

Kidney transplantation in Nepal was another challenging issue from both technical and legal aspects because of the catastrophic outcome seen in previous kidney transplant surgery in Nepal. There needed to be good coordination among government, surgeons and nephrologists. Strict government policies which stated punishment like life sentence and confiscation of property if surgery failed and difficulty obtaining license for organ transplantation were the hurdles that needed to be surmounted. In spite of these obstacles, the first successful kidney transplantation was performed in TUTH in 2008 with the help of Australian Transplant team. I feel privileged to be the part of this dynamic team and more than 500 kidney transplantations have followed thereafter in TUTH. At present, there are many other centres providing kidney transplantation services in Nepal.

Formal training in urology started in Nepal when world class MCh Urology program was started in 2008. Young urologists are continuously striving for the development of urology and quality urological services. Nepal has now become a part of global urology community. With international links, strong participation in various urological workshops, training and continuous medical education and with increasing enthusiastic young urologists, we can proudly say that urology is flourishing in fast pace in our country and has evolved to whole new era. Congratulations to all.

CUE-4

The fourth NAUS CUE cum Pre-Dashain get together was conducted at Presidency Resort, Chitwan on 5th & 6th October 2018. Following presentations were done:

1. Active surveillance for low risk prostate cancer:
Dr Nirmal Lamichhane
2. Unusual Renal tumor: A case report:
Dr Binod Gharti
3. Hydronephrotic Kidney can sometimes be misleading
Dr Aditya Jalan
4. Ureteric TCC: management dilemma :
Dr Bipin Maharjan
5. Changing our radical view: Dr Bipendra Rai
6. Supine PCNL: Dr Birendra Yadav
7. Do we really need traction after monopolar TURP:
Dr Paribartan Baral
8. Making Flexible Ureteroscopy safe :
Dr Prakash Chhetri
9. Initial experience of RIRS & its challenges :
Dr Rajeev Sah
10. Ureteric obstruction in endometriosis- a case series:
Dr Puspa Bhadel
11. Urethroplasty: An institutional experience :
Dr Rikesh Jung Karki
12. Is there any association of BPH with diabetes and/ or hypertension: Dr Rabindra Tamang
13. Peyronie's disease & its surgical management:
A case report : Dr Sudeep Raj KC
14. Unusual presentations of posterior urethral valve:
Dr Pawan Dhital
15. BoE future plans and Vote of Thanks:
Dr Mahesh B Adhikari

CUE-5

With the aim of delivering basic laparoscopic skills, ELSA, ASU & NAUS Basic Laparoscopic Urology Course was organized by NAUS on 23- 24 November 2018. Following presentations were done:

1. Dr. Tiong Ho Yee Consultant Urologist, National University Hospital, Singapore
2. Dr Chua Wei Jin Consultant Urologist, National University Hospital, Singapore
3. Prof. Rakesh Kumar Gupta ELSA faculty, BP Koirala Institute of Health Science, Dharan, Nepal
4. Dr. Tuhin Shah ELSA faculty, NMCTH
5. Prof. Prem Raj Gyawali, Department of Urology and Kidney Transplant Surgery, TUTH
6. Prof. Parasmani Shrestha, NAMS, Bir Hospital, Nepal
7. Dr Mahesh Bahadur Adhikari Nepal Medicity Hospital, Lalitpur, Nepal
8. Dr. Pukar Maskey Patan Academy of Health Sciences, Patan, Nepal

CUE-6

NAUS in association with SSN conducted a live operative workshop on "Bipolar TUR enucleation of prostate" at Kathmandu Medical College on 29 November 2018 as a pre conference workshop of XIV International conference of SSN. The faculty to conduct the workshop was Dr Anshumaan V Kapoor from India. Many NAUS member and SSN members actively participated in the workshop where three cases of BEP treated with bipolar enucleation.

CUE-7

The BoE of Nepal Association of Urological Surgeons (NAUS) endorsed the 5th TUTH UroUpdate on "Female Urology" which was organized by Department of Urology and Kidney Transplant Surgery, TU Teaching Hospital on 8th December 2018 at Royal Singi Hotel, at Durbar Marg. The invited faculties were Prof Dr Ajit M Vaze, President USI, Mumbai and Dr Rajesh Taneja, New Delhi, India.

NAUS BoE Activities



The USANZ trainee week experience

Dr Manish Man Pradhan, TUTH, IOM

It was a great privilege and an honor to have been selected by UAA as one of the four Asian senior urology trainee to attend the USANZ trainee week. Like every year, trainee week was held from 18th to 22nd of November 2018 this time at Perth, Australia and we had to compete with applicants from 25 different countries.

The trainee week included around 90 trainees from Australia and New Zealand, 2 from Canada, 2 from UK and 2 from EUA besides 4 of us from the UAA. It was a great learning experience both academically as well as culturally. Making new friends from around the globe, getting to know how Urology program is run in other parts of the world and to experience a new city was a pleasant experience to say the least.



I found that the trainee week was designed in such a way that it was both stimulating to learn and

fun enough with extra-curricular activities to keep us interested in the program. The organizers were very welcoming and helpful. They made sure all of us were well taken care of and got enough time to experience Perth, its local food and drinks and popular tourist sites.

The academic activities were designed as a last minute crash course to get through the exams along with few comprehensive talks in pertinent topics. The group discussions on select cases guided by the final year trainees who had completed their broads were particularly helpful, it gave useful tricks and tips to approach a case from exam point of view. They also had mock exams to test the trainees. For one whole week, trainees from all over Australia and New Zealand were placed under one roof to learn and interact. Since this program is conducted every year, all their trainees were well acquainted with one another which I believe we could also do in our context to uplift our urology training.



Programs like this gives us a window to learn something new every time and also extends the reach of our urological association further into new urological societies and their members which will only help in growth of urology in our country. I am grateful to NAUS for granting me this opportunity and as I part from my residency days, I wish all my fellow urology residents the very best and hope they too get similar opportunities to prosper in the near future.

USICON 2019 experience



Award Recipients:
Dr Bipendra DK Rai
Dr Anup Chapagain

It was a great privilege and an honor to have been selected by NAUS as a part of NAUS and USI resident exchange program to attend USICON 2019 at Bhuwaneshwor, India from 21 – 26th of January. Urology in India has passed more than 52 years of its establishment as a separate sub-speciality and advances in Urology has been in par with those around the world. Attending a big conference like USICON provides residents with the opportunity to upgrade their knowledge and embrace the various technological advances in the field of Urology.

The academic feast at the conference was expansive with a host of experienced Urologist sharing their unlimited knowledge only gained through many years of practice. It really was a wonderful experience to be a part of Urological extravaganza.

Programs like this give us a window to learn something new every time and also broadens our view about Urology. It also gives us the feel of new food and culture associated with the city hosting the conference. We are grateful to NAUS for granting this opportunity and hope residents be able to attend such international conferences multiple times in near future.

Editorial Team:



Dr Bhoraj Luitel
Dr Binod Shrestha
Dr Kushal Karki
Dr Narayan Thapa
Dr Sujeet Paudyal

Designing & Technical Support:

Hira Pun Magar (hiramagar@gmail.com)