

News from Regional Federations and Member Societies

Uniting Visionaries: Reflections on the 4th Annual Congress of the Nepalese Association for Clinical Chemistry

1. **Dr. Vivek Pant**, Corresponding Member, Task Force Young Scientist, IFCC and Corresponding Member, Communication and Publication Committee, APFCB
2. **Dr. Santosh Pradhan**, Corresponding Member, Task Force on Ethics, IFCC

After the postponement of four years, the Nepalese Association for Clinical Chemistry (NACC) had the pleasure to organize the 4th annual congress with the theme “Current and Emerging Trends in Clinical Chemistry” on April 27th 2024 at KIST Medical College and Teaching Hospital, Kathmandu. This theme was carefully chosen to reflect the evolving landscape of clinical chemistry.

Nearly 125 participants attended the Congress, which was divided into opening session, scientific session and election for new executive body. Apart from this, few industrial workshops and sub-group discussion were also held. Pre-congress program included finalizing two survey questionnaire for the congress participants, one dedicated to laboratory professional and physician interaction and next related to the ethics in clinical laboratory. We were excited to have our face-to face meeting after a long gap.

Registration

During this annual conference, there was a slightly different approach taken with the process of registration. We created a social media (Whatsapp) group and suggested all laboratory professionals to register themselves and add other professionals in this dedicated group to motivate them for registration. Eventually, a room full of attendees counting 125 in number participating from many parts of the country participated in the congress. The greatest satisfaction has been to witness the emergence of the new generation within our organization.

Opening Session

Initially there was an appreciation of the long services that have been provided with past executive committee. Many eminent personalities in the field of laboratory medicine within the county were asked to speak few words about our profession and this professional society. All these activities help to sustain and enrich our young minds.

Scientific Session

The first lecture was by Prof. Dr. Kun-Young Sohn from Trillium health partners, Canada on topic “ Intra-operative monitoring of PTH/Adrenal venous sampling (AVS) for primary aldosteronism”. PTH monitoring during surgery aids in the identification of parathyroid glands. Surgeons can assess the adequacy of parathyroid function and avoid inadvertent damage or removal. AVS is a specialized procedure used to differentiate unilateral from bilateral adrenal disease. It involves sampling blood from both adrenal veins to measure aldosterone and cortisol levels. This procedure helps localize the source of aldosterone overproduction, guiding surgical intervention. The lecture delved into the techniques involved in intra-operative PTH monitoring and AVS along with few cases encountered by Dr. Sohn in his center. The lecture emphasized the importance of accurate interpretation of results for optimal patient outcomes. Further research and clinical studies are warranted to explore advancements in intra-operative monitoring techniques in Nepal.

The second lecture was to a concise update on need of newborn screening in Nepal. This lecture was delivered by Dr. Bijaya Mishra , assistant professor from B.P Koirala Institute of Health Sciences, Dharan, Nepal. The birth rate in Nepal as per 2023 is 18.377 births per 1000. Congenital malformation and genetic disorders are gradually replacing infectious cause of perinatal and neonatal mortality. The infant mortality rate of Nepal in 2024 is 22.716 per 1000 birth. Nepal does not have a national newborn screening program as part of its health policy. It is evident from our preliminary analysis that the financial loss for the nation due to the preventable newborn disease is much higher than the overall expenditure for screening, diagnosis, and treatment. Dr. Mishra advocated that Nepal is suitable for initiating a Newborn Screening Program.

Newly elected Executive Body

The newly elected executive members in NACC have been entrusted with decision-making authority and leadership responsibilities. Led by visionary leadership of Prof. Dr. Madhab Lamsal, the executive body aims to steer the association towards greater heights of achievement and impact in the field of clinical chemistry. The collective vision of the body encompasses several key objectives such as enhancing professional development, promoting NACC journal, advocating for quality assurance, strengthening collaboration and empowering next generation.

Surveys

Effective communication between laboratory professionals and physicians is crucial for accurate diagnosis, proper patient care, and improved healthcare outcomes. In Nepal, where healthcare infrastructure is developing rapidly, it's imperative to assess the current state of communication between these two vital components of the healthcare system. Serving both as a clinical resource for the laboratory community and a laboratory resource for the clinical community has been challenging for most of us. To address this apparent gap, a survey was done among participants who represented medical colleges, private and public laboratories throughout the country. Therefore the first survey was about laboratory professional and clinician interaction.

Nepal's healthcare system is undergoing significant transformations, with advancements in technology, increasing patient expectations, and evolving regulatory frameworks. However, the ethical dimensions of laboratory medicine, including issues such as patient confidentiality, informed consent, quality assurance, and professional conduct, are essential but often overlooked aspects. Understanding the current ethical landscape is crucial for ensuring patient safety, maintaining public trust, and upholding professional standards. Therefore the second survey was about ethics in laboratory medicine. The final results for both surveys will be published shortly.

Finally, this congress provided ample opportunities for networking and collaboration among attendees, fostering discussions and exchanges of ideas that are crucial for advancing the field of clinical chemistry in Nepal and beyond.

*Uniting Visionaries: Reflections on the
4th Annual Congress of the Nepalese
Association for Clinical Chemistry*



Prof. Dr. Kun-Young Sohn (L) provided certificate of appreciation by Prof. Dr. Shyam Sundar Malla (R)



Dr. Bijaya Mishra provided certificate of appreciation by Prof. Dr. Madhav Gautam (R)



New NACC Executive Board (2024)

Back Row (Left to Right): Mr. Shравan Kumar Mishra (Member), Mr. Raju Dube (Secretary), Dr. Vijay Kumar Sharma (Senior Vice President), Dr. Prabodh Risal (Vice President), Prof. Dr. Madhab Lamsal (President), Dr. Binod Kumar Yadav (Member), Mr. Manoj Sigdel (Member), Dr. Saroj Thapa (Member), Mr. Suman Sapkota (Member)

Front Row (Left To Right): Dr. Bijaya Mishra (Member), Dr. Ranjan Suwal (Member), Mr. Rakesh Pokhrel (Member), Dr. Ram Vinod Mahato (General Secretary), Mr. Santos Subedee (Member), Dr. Santosh Pradhan (Treasurer), Mr. Basanta Gelal (Member), Mr. Tapeswor Yadav (Member), Dr. Bishal Raj Joshi (Member)