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## The reason for my long trip to Europe for Family Medicine in Nepal



I am very interested to join this 15<sup>th</sup> Wonca conference because I could gain knowledge, skills, and attitudes from the experts from all over the world. I could familiarize myself with disease patterns, treatment systems and technology so that I could apply and provide better care and manage the patients in my country of Nepal. I could also develop my competency according to the country of context.

In 1982, a postgraduate (PG) level, three year generalist (family physician) training started. It was the first PG programme started in Nepal, with the support from the University of Calgary, Canada.

The goal of the master's degree (MD) in the General Practice programme: It is a three year programme. During the first year period, the residents have to do rotations in medicine, paediatrics, dermatology and psychiatry. In the second year, training in surgical exposure, gynaecology and obstetrics, including family planning, orthopaedics, ear, nose and throat and ophthalmology is completed. In the third year, residents complete training in anaesthesiology, and have a field posting in rural areas and emergency exposure.

On completion of the MD (General Practice) residency training graduate programme, the graduates will be able to provide comprehensive and effective management of common health problems including timely emergency and lifesaving surgical and obstetrical interventions. The graduate will be capable of functioning as a district health officer as well as a consultant for general outpatient departments and emergency services, at secondary and tertiary level health institutions.

The graduates will be able to manage preventive/community health management, training communication and professional performance.

Currently there are 140 graduates. It is a very challenging job in Nepal as, due to it being a poor country, there are a lack of facilities.

Doctors have to work in rural areas with much less manpower and health facilities. People are mostly uneducated, and here infant mortality rate, under five mortality rate and maternal mortality rate are very high compared to other developed countries.

From the conference, I will be able to update my knowledge, skills and attitude regarding General Practice and make adjustments to General Practice within Nepal, despite the different situations and facilities available. I am only familiar with tropical medicine, so I could learn so many things from the Wonca conference and when I return to Nepal, I could be able to manage patients in a better way and obtain better patient satisfaction.

This conference will help me to update my knowledge, skill, attitude by sharing experiences with health personnel and experts from different countries. This conference will help me to familiarize myself with evidence based medicine.

I could be able to manage the diseases more effectively according to preventive, promotive and curative aspects. As I belong to a developing country, infectious diseases like tuberculosis, enteric fever, malaria, diarrhoeal diseases, hepatitis are very common. So after attending this conference, I will share the knowledge, skills and attitudes that I gain with different levels of health personnel, including graduates of the general practitioners programme, in Nepal in order to provide better care and management and we will be able to use and apply these principles, elements and levels of primary health centre.

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