



# Shahid Gangalal National Heart Centre

Nursing Training Packages – 2022/2023



**Sharing Knowledge Saving Lives**

*[nursing@sgnhc.org.np](mailto:nursing@sgnhc.org.np)*

## MESSAGE FROM HEAD OF DEPARTMENT OF NURSING

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**First of all**, we would like to thank the entire Shahid Gangalal National Heart Centre family for their continual support to establish tertiary cardiac center in the country.

It has been our endeavor to have a multitude of Trainings catering to the needs and demands of all and creating a wide base of knowledge enhancement and ultimately impacting patient care and practice in cardiac field.

We are taking great care each year to add newer dimensions and newer topics to cater to a variety of disciplines. All trainings are specifically being designed to create an interactive and case-based forum followed by practicum. Such a format lends a lot to enjoyment of all attendees and enriching experience.

We hope to have an encouraging response this year.

For any query, please feel free to get in touch with us.

Regards,

**Prati Badan Dangol**

Matron

SGNHC

Contact No: 9779841299099

Email Address: dangolprati@gmail.com

# ABOUT SGNHC

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Shahid Gangalal National Heart Centre (SGNHC) has established itself as one of the tertiary super specialty cardiac center of Nepal to deliver the highest standards of nursing and medical care.

Providing a wide spectrum of Cardiology, Pediatric Cardiology, interventions, Cardiac Surgery Adult/Pediatric care, and Preventive and rehabilitative services. It is a 266 plus bed hospital facility, spread across two wings, SGNHC West and SGNHC East.

Delivering the highest standards of global healthcare and equipped with latest international technology, SGNHC boasts of digitized ICUs and latest diagnostic technology of MRI, CT scan, Cath Labs, etc. Offering world- class facilities, SGNHC is a team work of medical, nursing, para medical and administration to take care of patient with Care, Courtesy, Compassion and Competency.

## Vision

To be one of the most trusted Cardiac center in Nepal by providing personalized care for best patient experience.

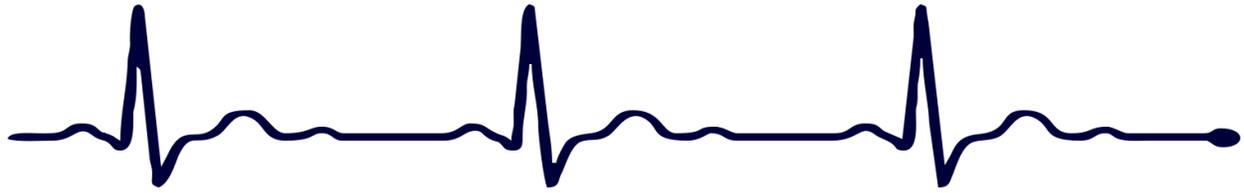
## Mission

To provide superior quality health Care using Innovation to Manage and Save lives.

## Values

- Patient's well-being: It will be our topmost priority
- To serve with smile
- Adopt and encourage ethical practices
- Provide a safe and comfortable working environment to employees and associates
- Embrace technology and innovation in the delivery of healthcare
- Provide socially responsible and safe healthcare
- Comply with all applicable laws and regulations

# SGNHC NURSING TRAINING COURSES



*Designed by the nurses for nurses*

## 1. CARDIAC CATHLAB NURSE TRAINING PROGRAM

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- Program Director** : Ms. Prati Badan Dangol
- Course coordinator** : Ms. Kopila Luitel (9841694813) [kopilakkp@gmail.com](mailto:kopilakkp@gmail.com)
- Contact** : 9841694813 , [kopilakkp@gmail.com](mailto:kopilakkp@gmail.com)
- Duration** : 3 months
- Number of Seats** : 8-10
- Venue** : SGNHC

### **Programme Overview:**

Nurses in the Cardiac Catheterization Lab play a critical role in the delivery of high quality care to their patients. Being knowledgeable and current on evidence based practice is the key to being an effective and efficient nurse which also enhances to develop competencies to move on with advanced technologies. Nurses will always benefit from continuing education and being kept up to date regarding changing aspects of care within a hospital setting.

With the increasing number of complex procedures and patients with considerable comorbidity treated in the cath lab the role of nurses and allied professions is changing respectively. To meet this challenge, one of the aims for the education working group is to support the development of clinical training, with an education program for nurses working in the field of interventional cardiology in Nepal.

### **Programme Highlights:**

- 6 days extensive theory session followed by weekly 4 hours theory coverage including Infection Prevention and Control Training
- CPR- Basic Life Support and Advanced Cardiac Life Support 2 days course training
- Supervised hands-on practice
- Provision of course materials (Learning Resources packages)
- **Registration Fees: 25,000 per candidate**

*\* Certificate of attendance will be given at the end of course.*

## 2. Cardiovascular Operation Theatre Nurse Training Programme

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- Programme Director** : Prati Badan Dangol
- Training Coordinator** : Deoki Saru
- Contact** : sarudeoki33@gmail.com (9841447833)
- Duration** : 3 months
- Number of Seats** : 6-8
- Venue** : SGNHC Conference hall/Auditorium, OT

### Programme Overview:

The course is designed to prepare registered nurses (PCL or BN, B.Sc nursing) with advanced knowledge, clinical skills and attitude necessary to function effectively as a member of the Cardiovascular Operation Theater (CVOT) surgical team. The CVOT nurse coordinates the entire operating room with respect to sterility, cleanliness and availability of functioning equipment and supplies, as well as provides critical quality control to ensure the patient's safety. They assist with patient care, ensure that sterile procedures are followed during surgery, necessary equipment and medications are available for the operating room team and that a patient's safety is assured at all times. Perioperative Nursing teaches the Registered Nurse how to work as an operating room nurse through three unique phases of theory and clinical practice.

After the course the Potential career options may include:

- Anaesthesia Nurse
- Scrub Nurse
- Circulating Nurse

#### **Programme Highlights:**

- 6 days extensive theory session followed by weekly 4hours theory coverage including Infection Prevention and Control Training
- CPR- Basic Life Support and Advanced Cardiac Life Support 2 days course training
- Supervised hands-on practice
- Provision of course materials (Learning Resources packages)
- **Registration Fees: 25,000 per candidate**

\* Certificate of attendance will be given at the end of the course.

### **3. Essentials of Emergency Cardiac Nursing Care Training Programme**

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**Programme Director :** Prati Badan Dangol

**Training Coordinator :** Kalpana Timalisina/ Lalita Poudel

**Contact :** 9841202535/ 9841384255 , poudellalita81@gmail.com

**Duration :** 1 month

**Number of Seats :** 16

**Venue :** SGNHC

#### **Programme Overview:**

Cardiovascular diseases are the number one cause for death in worldwide including Nepal, accounting for 26.9% of total deaths (S & etal, 2020). Most of these conditions present first to the emergency department, and in many instances, there is only a narrow time window of opportunity (golden hour) to save lives. It is therefore essential for health care providers to have thorough and evidence-based knowledge required to manage these important cardiac emergencies effectively.

This course is designed to provide an opportunity for professional nurses to develop a specialized practice and to upgrade knowledge and clinical competence in the area of cardiac emergency nursing based on international standards. It is constructed in a form that enables the learner to understand and apply the necessary knowledge, skills, and attitudes about contemporary nursing issues, theory, and research to emergency nursing practice. It also focuses on creating learning opportunities and exemplar case studies that contribute to quality practice environments.

**Programme Highlights:**

- Ideal cardiac emergency department & its need
- Essentials of primary cardiac emergency care
- Protocol-based management and recent advances of many cardiac emergencies
- Interactive lecture and discussion
- CPR- Basic Life Support and Advanced Cardiac Life Support 2 days course training
- Chart reviews
- Simulations and clinical skills demonstration
- Group discussion of case studies
- **Clinical practicum** including theory to precede related clinical assignment (as needed)
- **Registration Fees: 8,000 per candidate**

\* Certificate of attendance will be given at the end of the course.

## 4. Pediatric Critical Care Nurse Training programme

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**Programme Director** : Prati Badan Dangol

**Programme Coordinator:** Nita Devi Dangol

**Contact** : 9841697692 , nitaktm@gmail.com

**Duration** : 3 months

**Number of Seats** : 30

**Venue** : SGNHC

### **Programme Overview:**

In past decade, Adult Critical Care has rapidly grown in Nepal but Pediatric Critical Care still remains a developing branch and there are not many places in Nepal where satisfactory pediatric critical care is being delivered to the needy children. We put as an effort to promote this field of pediatric intensive care nursing in Nepal.

The primary goal is to enrich the training experience of trainees by outlining the learning objectives to become independent and proficient future Pediatric cardiac critical Care nurse. This training focuses on essential knowledge and skills to perform effectively and efficiently in the pediatric cardiac critical care discipline. Any nursing graduate or Proficiency Certificate holders, registered with a Nepal Nursing Council, is eligible to take this course. This course presents multiple career opportunities to nurses wishing to pursue this specialty. This course empowers nurses to acquire in-depth knowledge and understanding of the cardiac illnesses, prevention, care and promotion of health. Successful candidates can work in any healthcare establishment and provide specialized care with clinical decision-making and critical thinking

### **Programme Highlights:**

- Extensive theory session followed by weekly 4hours theory coverage including Infection Prevention and Control Training
- Interactive clinical sessions
- Simulations and clinical skills demonstration
- Pediatric BLS/ PALS with Hands-on skills workshop 2 days course training
- **Registration Fees: 25,000 per candidate**

\* Certificate of attendance will be given at the end of the course.

## **5. Cardiac Critical Care Nurse Training Program (CCCNTP)**

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### **Programme Directors: Prati Badan Dangol**

Course coordinator : Roji Shakya

**Contact** : 9841375422 rosyroje@yahoo.com

**Duration** : 3 months

**Number of Seats** : 30

**Venue** : SGNHC

### **Programme Overview:**

Cardiovascular diseases are the number one cause for death in worldwide including Nepal, accounting for 26.9% of total deaths (S & etal, 2020). Most of these conditions present first to the emergency department, and in many instances, there is only a narrow time window of opportunity (golden hour) to save lives. It is therefore essential for health care providers to have thorough and evidence-based knowledge required to manage these important cardiac emergencies effectively.

This course is designed to provide an opportunity for professional nurses to develop a specialized practice and to upgrade knowledge and clinical competence in the area of cardiac emergency nursing based on international standards. It is constructed in a form that enables the learner to understand and apply the necessary knowledge, skills, and attitudes about contemporary nursing issues, theory, and research to emergency nursing practice. It also focuses on creating learning opportunities and exemplar case studies that contribute to quality practice environments.

### **Programme Highlight:**

- Extensive theory session followed by weekly 4hours theory coverage including Infection Prevention and Control Training
- Interactive clinical sessions
- Simulations and clinical skills demonstration
- CPR- Basic Life Support and Advanced Cardiac Life Support 2 days course training
- **Registration Fees: 25,000 per candidate**

\* Certificate of attendance will be given at the end of the course.

## 6. Basic ECG Learning Course

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**Programme Director** : Deoki Saru

**Contact** : 9779841299099 , dangolprati@gmail.com  
**Duration** : 1 day  
**Number of Seats** : 40  
**Venue** : SGNHC

**Programme Overview:**

It is important to have a sound knowledge and correct interpretation of 12-lead ECG to help in diagnosis and management of medical patients. This necessitates that not only specialists, but also other healthcare professionals like General Practitioners, Interns, Post-graduate Students, Nurses and Paramedical Staff should have basic understanding of ECG for timely diagnosis. The Basic ECG course has been designed to provide understanding on basic concepts of 12-lead ECG which will be very useful in treating Ischemic and Rhythm Disorders of heart.

**Programme Highlights:**

- Interpretation of Basic ECG
- Conduction Defects
- Chamber Hypertrophy & Enlargement
- Evaluation of Tachycardia and Bradycardia
- ECG interpretation of Ischemic Heart Disease

**Registration Fees- 500 per candidate**

\* Certificate of attendance will be given at the end of the course.

## **7. CPR- American Heart Association (AHA) based- Adult BLS and Advanced Cardiac Life Support**

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**Regional Faculty-** : Prati Badan Dangol

**AHA**

**BLS- AHA** : Kopila Luitel, Roji Shakya, Deoki Saru, Sunita Khadka, Sapana Maharjan, Binita

**Instructors** Tamrakar

**Duration** : 2 days

**Number of Seats** : 24

**Venue** : SGNHC

### **Programme Overview:**

Currently, about 9 in 10 people who have cardiac arrest outside the hospital die. But CPR can help improve those odds. If it is performed in the first few minutes of cardiac arrest, CPR can double or triple a person's chance of survival

This workshop is intended for those who want to learn right from the BLS to ACLS. Overall programme includes theory sessions, Video clips followed by Hands on Skill sessions.

### **Programme Highlights:**

- The workshop will be conducted by AHA certified Instructors
- Theory sessions, Video clips followed by Hands on Skill sessions
- Easy access to Faculty Members

- Supervised hands-on practice
- Provision of course materials

**Registration Fee- 2000 per candidate**

## 8. CPR- American Heart Association (AHA) based- Pediatric Basic Life Support and Pediatric Advanced Life Support

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### **Regional Faculty-**

**AHA** : Prati Badan Dangol

**BLS- AHA** : Kopila Luitel, Roji Shakya, Deoki Saru, Sunita Khadka, Sapana Maharjan, Binita

**Instructors** Tamrakar

**Contact** : 9779841299099 , dangolprati@gmail.com

**Duration** : 2 days

**Number of Seats** : 24

**Venue** : SGNHC

### **Programme Overview:**

Unlike adult Basic Life Support (BLS), PALS is dedicated to pediatric patients. It can be practiced by anyone without help of tools or drugs and is differentiated according to the patient's age. PALS **Pediatric advanced life support (PALS)** is a course for health care providers who take care of children and infants in the emergency room, critical care and intensive care units in the hospital, and out of hospital (emergency medical services (EMS)). The course teaches healthcare providers how to assess injured and sick children and recognize and treat respiratory distress/failure, shock, cardiac arrest, and arrhythmias. Overall programme includes theory sessions, Video clips followed by Hands on Skill sessions.

### **Programme Highlights:**

- The workshop will be conducted by AHA certified Instructors
- Theory sessions, Video clips followed by Hands on Skill sessions
- Easy access to Faculty Members
- Supervised hands-on practice
- Provision of course materials
- **Registration Fees- 2000 per candidate**

## 9. Mechanical Ventilator Workshop

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**Programme Directors:** Prati Badan Dangol,

**Program Coordinator:** Ushna Shrestha

**Contact** : [ushna.shrestha@gmail.com](mailto:ushna.shrestha@gmail.com) 9841793749

**Duration** : 1 day

**Number of Seats** : 25

**Venue** : SGNHC

**Programme Overview:**

Mechanical Ventilator Support is a basic and key life-sustaining system while dealing with very sick patients in ICU. In general, this support is a marker of severity of critical illness. As with any science and technology, constant innovation and advances in the field of Mechanical Ventilator Support are happening. In the current era of popularity and evidences favoring cardio-pulmonary supports like ECMO it is vital to learn, and refresh and be updated technology, science and care of Mechanical Ventilator Support.

**Programme Highlights:**

- Respiratory Physiology
- Classification of Mechanical Ventilation – basic mode, type of breaths, goals & indications
- Ventilation in different case scenario / disease specific ventilation
- Graphics in Mechanical Ventilation
- Monitoring, care of mechanically ventilated patient
- Weaning from Mechanical Ventilation
- Non-invasive Ventilation & HFNC
- Newer modes of Mechanical Ventilation

<b>Registration Fees</b>	
<b>Registration Fees</b>	500/-
<b>Spot Registration Fees</b>	1000/-
Non-refundable	

\* Certificate of attendance will be given at the end of the course.

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## 10. Ventilator Associated Pneumonia Prevention Workshop

**Programme Directors:** Prati Badan Dangol,

**Prigramme Coordinator:** IPC core team

**Contact** : 9841453563 binitatam@gmail.com

**Duration** : half day

**Number of Seats** : 25

**Venue** : SGNHC, Conference hall/Auditorium

### **Programme Overview:**

VAP is the second most common nosocomial infection in the intensive care unit and the most common in mechanically ventilated patients. VAP occurs in 10-20% of ICU patients and is associated with an increased mortality, length of ICU and hospital stay, and cost. Preventing VAP should be part of an overall strategy to reduce HCAI in all health care setting of Nepal. With this point of view we have announced VAP prevention Workshop will be held in every month's last Friday.

### **Programme Highlights:**

- Theory session followed by practical- hands on skill sessions.
- Application of VAP prevention Bundle
  
- Critical units tour and observation of verities of ventilators
- Certificate of attendance will be given at the end of the course.

<b>Registration Fees</b>	500/-
<b>Spot Registration Fees</b>	1000/-
Non-refundable	