

During the ongoing COVID-19 pandemic, ANMF has been actively involved in various projects and ways to support Nepal- in planning and policy making, procurement of PPE, improving diagnostic work ups and educating health care professionals in Nepal. With increasing caseload and very limited resources in government run COVID hospitals, supporting the physicians providing daily care with knowledge sharing and ideas to improve care was one easy yet effective way to contribute to clinical care.

There has been a group of like-minded Nepalese Critical care and pulmonary physicians who have come together over time with ideas to contribute in whatever ways possible and give back to the community. Clinical collaboration team at America Nepal Medical Foundation worked in exploring the ideas and ways to help Nepalese healthcare workforce as well.

We received a request to provide guidance to Birgunj Gandak hospital in early august but could not continue on a daily basis due to logistic issues locally. With growing interest at Janakpur COVID hospital, we started our clinical discussion session a month ago. Over the last month, we have conducted daily clinical discussion sessions with on call physicians based on the needs and availability of physicians at local COVID centers. It is primarily focused on patient care and ways to work in limited resources. It seemed like an easy endeavor connecting two groups of clinicians across the globe, but took a lot of planning, working through small hurdles and having support of collaborating organizations.

In collaboration with ASK Foundation Nepal, Critical care physicians have been providing clinical guidance and sharing experience of taking care of COVID patients since August 18<sup>th</sup>. The ASK foundation team has been providing an online platform to connect physicians from the USA and Janakpur. Two consultants from US join Janakpur physician and ASK foundation support team daily to discuss cases. Guidance is of various kinds on proper use of PPE, triaging patients, optimizing oxygen therapy, tailoring COVID treatment, need of invasive and noninvasive ventilator management and guidance on other existing comorbidities. This has been an eye opening experience for critical care groups in the US to learn about the ground reality with lack of diagnostic and management infrastructure, yet willing healthcare providers doing their best in the circumstances. There is growing interest in joining the team. In Nepal, other healthcare centers and teams have shown interest in collaborating with clinicians across the globe, and hopefully it will open up more opportunities to do so.

To our knowledge, this is the first of its kind of direct telemedicine consultation guidance on a daily basis to support physicians working in Nepal. This has opened the enormous potential to expand telemedicine consultative services in different specialties in resource limited hospitals.

ANMF would like to thank all supporters of ANMF, ASK foundation (Prabhat Adhikari MD, Mr Kabin Maleku and Ms Reshma Shahi) and NGOs like Sano Paila, Shayeta and specially our Collaboration Committee team. This project was led by Committee chair Raju Bishwakarma Century and physician lead Navin Kaini. Our biggest applaud to our critical care consultants who have been providing their precious hours every night. So far, these are the individual physicians

who volunteered to provide precious time commitment, their clinical expertise and guidance for Nepalese team.

- Bikash Bhattarai, Amita Health and University of Illinois, IL
- Lokendra Kumar Thakur, Geiseiner Health System, Danville, PA
- Narayan Neupane, CaroMont Health, Gastonia NC
- Navin Kaini, Baptist Health Hardin, Elizabethtown, KY
- Raju Bishwakarma Century, Winchester medical center, Winchester, VA
- Samir Chandra Gautam, John Hopkins university, Baltimore MD
- Saroj Kandel, Wellspan Pulmonary and Sleep medicine, Chambersburg, PA
- Shambhu Aryal, Inova Fairfax, Falls Church, VA
- Som Nath Chalise, Riverside Health System, Newport news, VA
- Upendra Kaphle, Kaiser Permanente, Sacramento, CA
- Vikash Pathak, Riverside Health System, Newport news, VA

Many more have committed to volunteer their time as we move forward.

Thank you, you all are greatly appreciated!

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