

CANCER PREVENTION, CONTROL & RESEARCH DEPARTMENT

Introduction

Cancer is emerging as a public health problem around the world. Cancer is one of the leading causes of death in the world, particularly in developing countries. Over 40% of all cancers can be prevented. Others can be detected early, treated and cured. Even with late stage cancer, the suffering of patients can be relieved with good palliative care.

In 2005, 7.6 million people died of cancer out of 58 million deaths worldwide. More than 70% of all cancer deaths occur in low and middle

income countries, where resources available for prevention, diagnosis and treatment of cancer are limited or nonexistent. Based on projections, cancer deaths will continue to rise with an estimated 9.0 million people dying from cancer in 2015, and 11.4 million dying in 2030. (WHO) It has been expected that cancer problem will increase especially in the developing countries, where there is lack of cancer prevention program or given less priority. Nepal being a developing country faces



many problem of communicable diseases as well as increasing morbidity and mortality from non-communicable diseases like cancer. Illiteracy, poverty, ignorance, limited access to health care services are found to be directly or indirectly associated with cancer. The saying "Prevention is better than cure" is more relevant when we talk about cancer. So in order to achieve the objectives of BPKMCH, Cancer Prevention, Control & Research Department has been established as a major wing to address the problem at national level.

Services

The department is responsible to conduct Primary prevention (Cancer awareness and education), Secondary prevention (Cancer screening and early detection), Cancer Control and Research activities at national level.

Based on these factors Cancer Prevention, Control and Research Department has started the following program.

1. Cancer Awareness/Education Program.
2. Cancer Screening and early detection program.
3. Cancer Registry program.
4. Cancer Research Program.

1. Cancer Awareness /Education Program

a. Hospital (OPD) based cancer awareness /education program

This program is running daily with the objective to create awareness to the patients, attendants, and visitors on various aspects of cancer prevention, control and services available at BPKMCH.

Television/Audio Visual aids were also used in the program.

Total participants - 31,520

Edu. Materials distributed- 35,000

b. Community based Cancer education program

To create cancer awareness through community people this program was conducted in different villages of Chitwan, Nawalparasi, Makawanpur and Rupandehi district. Community people were aware about Cancer prevention, early sign and symptoms and cervical and breast cancer screening.

Total participants - 30,000

c. Cancer awareness through electronic media

National and Local FM radio is used to broadcast the message on risk factors of cancer, general signs and symptoms. Doctors and other health professionals also participated time to time in the program.

d. School Cancer Education Program (SCEP)

The long term objective of the program is reduction in the exposure on risk factors of cancer and tobacco control by disseminating the information with help of the students and teachers of different districts. Health teachers from 350 Secondary Schools of 4 districts got the TOT training to have knowledge on effects of tobacco and alcohol. Besides, they were taught on risk factors, importance of early detection and treatment of cancer. Tin Board was provided to the all school teachers to hang in the school compounds for prohibition of tobacco in school area.

No. of Districts -4

Total participants - 206

Student Number- 50,000

e. Cancer Orientation training to the district level Primary Health Care Workers

The objectives of this program are to make aware the health care workers working in different settings about early detection and prevention of cancer.

The primary health care workers of 4 districts from Hospitals, Primary health center, Health post, Sub-health post and other health institution had participated in the training program in coordination with district health/public health office.

Total edu. materials distributed - 5,000

f. Orientation training on Cancer Prevention and Control to the health professionals

Health professionals from different hospitals and health Institution were participated on orientation training for Cancer Prevention and control.

g. Cancer Prevention & Control Orientation training to the National Journalist -

National journalists participated on cancer prevention, control orientation program.

h. Cancer Education Materials design and distribution:

Different types of Cancer education materials like leaflets, pamphlets, booklets and flip charts (as shown below) were developed in Nepali language and were distributed to the government, nongovernmental organizations, general public and health workers.

i). No. of Pamphlets / leaflet distribution -

- a. General Cancer Pamphlets- 20,000
- b. Tobacco and cancer ,, 10,000
- c. Cervical cancer ,, 10,000
- d. Lung cancer ,, 10,000
- e. Breast cancer ,, 10,000
- f. Stomach cancer ,, 10,000
- g. Oral cancer ,, 10,000
- h. Pap smear test ,, 10,000

ii) Booklets. Dietary guideline for cancer patients booklets - 1,000

- b. Chemotherapy booklet and others. - 1,000

iii) Hospital Calender- 2,000

A total of 90,000 Pamphlets/leaflet were distributed to the publics and health workers.

i. Calendar design and distribution:

Calendars having cancer awareness information were designed and distributed to the government, non-governmental organizations and institutions all over the country.

j. Exhibition:

The stalls decorated with picture of different types of common cancer were kept in exhibition. More than 50,000 visitors visited the stall and 80,000 education materials of cancer (general), Lung, Breast, Cervix, Stomach, Oral, Tobacco control and Pap Smear Test were distributed

k. Celebration of “World No Tobacco Day” (31st May)

This program was highlighted the adverse effects of various form of tobacco use. More than

10,000 pamphlets on adverse effects of tobacco were distributed through the rally to the people.

I. Celebration of World Cancer Day (4th February)

Each year World Cancer Day was celebrated on 4th February. To aware about cancer to the general public through different media, interaction program was organized to the journalist.

2. Cancer Screening Programme.

a. Cervical cancer early detection program

This program was organized every day in Healthy Women's Clinic at BPKMCH and once a week in community. Trained nursing personnel provided the services with the back up from Gynecologist and Pathologist.

Total Pap smear collected-1,300

Total participants - 35,000

b. Breast Cancer Screening

In order to detect any abnormal breast lump, the trained nursing personnel palpate the breast systematically. This screening service was made available in the OPD. A total of 35,000 women were aware for breast cancer and Self Breast Exam (BSE). Suspected cases referred to the Oncosurgeons and Gynecologist for further evaluation.

3. Cancer Registry Program

a. Hospital Based Cancer Registry

7 major hospitals were included in National Cancer Registry Program .These 7 hospitals are BP Koirala Memorial Cancer Hospital, Bharatpur (Chitwan); TU Teaching Hospital, Kathmandu; Kanti Children's Hospital, Kathmandu; Bir Hospital, Kathmandu; Bhaktapur Cancer Hospital; BP Koirala Institute of Health Sciences, Dharan; Manipal Medical College, Pokhara. Report of hospital based cancer registry from 2003 - 2006 has already been published.

b. Population Based Cancer Registry (PBCR)

Orientation training programs were given to the primary health care workers and Medical doctors working in Chitwan district. Training on mortality and morbidity data abstraction methods to the Secretaries of different VDC have been completed at various levels. From next year onwards data collection and analysis will be started and provide data to use.

4. Lung cancer risk factor analysis.

Future Plan

- * To establish National Cancer Prevention & Control programme.
- * To conduct Cancer Prevention and Control Orientation training programme in 75 districts within 3 years.
- * To conduct ToT training program on Cancer prevention and tobacco control to the school health teachers in 75 districts within 5 yrs.
- * To establish Cancer Prevention and control district coordination committee in 75 districts within 3 yrs.
- * To establish Cervical and Breast cancer screening program as National level.
- * To conduct training program to the nursing staffs for pap smear collection and Breast Self Exam (BSE) in nation wide.
- * To expand and establish hospital based cancer registry program as national level.
- * To establish Population based cancer registry program as national level within 5 yrs.
- * To expand Cancer Awareness and education program in national level through media.
- * To increase relationship between other country's Cancer institution in International level for cancer prevention and research activities.

Human Resources

Asst. Chief Public Health Officers - 2, Senior Nursing Supervisor -1, Public health officer - 1, Sister - 1, Staff Nurse - 2, Adm. Assistant - 1, supporting staff - 2

