

Growth and Development of Vascular Surgery in Community Based Hospital of Nepal

“Development” is a term everyone experiences – may it be in short or in long term. Achievements result from developments. Accordingly, the better the preparations and thus the developments are, the better the achievements will be in the future.

As a vascular surgeon from Germany I first came to Nepal four years ago. Before I started my own journey I was asking myself two questions: How developed in the field of medicine will Nepal be like, and: Do they need vascular surgeons? The answers were: The achievements already made are much bigger than I had thought, and: Because of these achievements which eventually lead to a higher age of the average population Nepali people also face the problems of aging: Arteriosclerosis, peripheral arterial disease, renal failure. Which again is the reason why, yes, Nepal needs vascular surgeons.

However, vascular surgery is still underrepresented in Nepal. There are in total 10 vascular surgeons in whole Nepal, a country with one third of Germany’s population. In Germany, however, there are more than two thousand vascular surgeons. So there is definitely a lack of appropriate treatment of vascular diseases in Nepal. How can this be changed? Well, first steps have already been undertaken: At least there ARE ten vascular surgeons who can spread their knowledge. I had the pleasure to be part of meetings and on-hands courses organized by the vascular society of Nepal in Dhulikhel (2017) and Biratnagar (2018). Another course was given in Pokhara (2017). More similar events are planned in the future. So everyone is willed to pass their own experience to those who are still learning. But of course: Vascular surgery is not simply knowing surgical techniques. It is more like an allround knowledge in vascular medicine: Knowing the treatment options (conservative/surgical) is as important as being able to perform and judge diagnostic means (Duplex ultrasound, CT-Angiography) and to develop surgical skills. Now this is the crucial point: How can this be achieved nationwide? To be realistic: This will take a long time. But even a long distance can be conquered step by step. With every step, there is a little bit of development. What we need to do is to keep the development growing. Vascular diseases must be recognized by every physician. Otherwise the problems of the aging society will overtake the current medical abilities. Every doctor must be aware of the fact that a human being is in a biological sense as old as his or her vessels are. Talking of an awareness-campagne: This is why this and the next issue of KUMJ also focuses on vascular topics like venous disorders, arterial sclerosis and the development of dialyses accesses. We want you, the reader, to become aware of vascular problems.

The development of vascular medicine is under way. Many preparations have been done. Hopefully one day we will be able to achieve a coverage of vascular services everywhere in Nepal. I would be very happy to see you doing it. And also I would be happy to further accompany this development.

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