



Synopsis

The burden of injuries in Nepal: findings from the NIHR Global Health Research Group

Julie Mytton,^{1*} Sunil Kumar Joshi,² Amrit Banstola,³ Santosh Bhatta,¹
Sumiksha Bhatta,⁴ Toity Deave,¹ Preeti Gautam,² Elisha Joshi,⁵ Prerita Joshi,²
Anish Khadka,⁶ Dan Magnus,⁷ Sunil Raja Manandhar,⁸ Bidhya Pandey,⁹
Puspa Raj Pant,¹ John Parkin,¹⁰ Paul Pilkington¹ and Gary Smart¹

¹School of Health and Social Wellbeing, College of Health Science and Society, University of the West of England, Bristol, UK

²Nepal Injury Research Centre, Kathmandu Medical College, Kathmandu, Nepal

³Department of Health Sciences, College of Health, Medicine and Life Sciences, Brunel University London, Uxbridge, UK

⁴Digital and Emerging Technologies, Expleo Engineering Private Ltd, Bristol, UK

⁵Population Health Sciences, Bristol Medical School, University of Bristol, Bristol, UK

⁶Department of Civil and Environmental Engineering, The University of Auckland, Auckland, New Zealand

⁷Centre for Academic Child Health, University of Bristol, Bristol, UK

⁸Mother and Infant Research Activities (MIRA), Kathmandu, Nepal

⁹Victoria Care Centre, London, UK

¹⁰Centre for Transport and Society, College of Art, Technology and Environment, University of the West of England, Bristol, UK

*Corresponding author Julie.Mytton@uwe.ac.uk

Published January 2025
DOI: 10.3310/GTJY4911

Plain language summary

The burden of injuries in Nepal: findings from the NIHR Global Health Research Group

Global Health Research 2025

DOI: 10.3310/GTJY4911

NIHR Journals Library www.journalslibrary.nihr.ac.uk

Plain language summary

Injuries have not been recognised as a priority in Nepal, despite being a preventable cause of ill health, disability and death. Injuries do not affect everyone equally; those who live in the most disadvantaged circumstances are at a greater risk. People can be injured anywhere, but injuries on the roads are known to be increasing. However, there is no injury surveillance, so information to help us understand who gets injured, or how, why and where people get injured, is currently lacking.

Through our National Institute for Health and Care Research award, we established the Nepal Injury Research Centre and trained Nepali researchers to conduct studies to better understand the burden of injuries and identify opportunities to prevent injuries. Each researcher developed their knowledge and skills by leading at least one project from beginning to end. We reviewed previously published information about injuries in Nepal, evaluated existing legislation and explored the strengths and limitations of existing sources of injury data. Working with communities, practitioners, advocates and decision-makers, we completed surveillance studies and surveys to determine the burden of injuries and show that injuries do not affect everyone equally. We found large numbers of injuries following dog bites and self-harm, two areas not previously reported. Road traffic injuries were identified as a major concern, with pedestrians and motorcycle riders at particular risk. There is no national ambulance service in Nepal, so getting care quickly if you are injured can be difficult. We worked with emergency care providers to understand the challenges of developing an effective first-response service.

We shared our findings with the Government of Nepal, with the communities, professionals and practitioners who took part in our studies, and with academics through scientific publications and conference presentations. The Nepal Injury Research Centre team have become locally recognised for their expertise, with invitations to provide expert evidence to the Government of Nepal, present at national health conferences and speak to the media.