

other highly-skilled professionals to care for the patient's particular needs. Patients in GMC's ICU unit are cared for by 24-hours per day, seven-days per week. The nurse-to-patient ratio is one nurse caring for one ICU patients.



Our highly skilled ICU nurses are committed to ensuring that critically ill patients receive optimal care. All GMC ICU nurses are certified in basic and advanced cardiac life support. Additionally, they participate in ongoing educational activities to allow for the continued delivery of advanced care techniques.

Hemodialysis: With 3 beds along with state of art machines and trained and dedicated team giving 24-hours affordable hemodialysis services.



High dependency Post Operative ward: With 8 bedded centrally monitored cardiac unit, central oxygen & suction supply, and standby ventilators.

Emergency Services: with 20 bedded advanced emergency ward with 8 monitors and standby ventilators. Internationally recognized advanced Emergency Management Services (EMS) with comprehensively trained workforce. It is run as a department headed by a specialist in General and Emergency Medicine and 12 medical officers and 12 nurses and 12 other paramedical staffs fully dedicated for ER. We have 2 emergency operation theatres devoted for emergency and trauma surgeries.



Operation theaters: with 5 operation theatres, all equipped with advanced technologies and dedicated human resources; all kinds of invasive and non-invasive surgeries are performed using the latest techniques and technology.

Miscellaneous Facilities

- Central oxygen supply with in-house oxygen plant.
- Water supply and sanitary system is designed to provide hygienic, reliable and easily maintainable system.

- We have 6 standby ambulances equipped by basic life support measures available 24-hours with emergency hot-line to meet any emergency/disaster situation or to transfer patients to other hospitals



- Medical fitness / Medical examination and other such certificates are issued after paying the requisite fees. For this purpose contact the central registration office.
- Wheel chairs, patient trolleys etc. are available free of charge at the entrance of Emergency.
- OPDs have waiting hall with chairs, TVs, ramp, public utilities like drinking water & toilets in each floor.
- You should park your vehicle in the parking at your own risk. Administration will not be responsible for any mishaps.
- To meet day-to-day needs of patients, there is canteen and grocery shop in and around the hospital premises.

General Out-Patient Department (OPD) Registration:

| OPD Timings | Registration Time | Consultation Time |
|-----------------|---------------------------------|---------------------------------|
| General OPD | 8:00 to 13:30 Hrs | 9:00 to 16:00 Hrs |
| Private Clinics | before 8:00 and after 13:30 Hrs | before 9:00 and after 14:00 Hrs |

OPD Card costing Nepalese rupees (NRs) 50/- can be purchased from main reception, ground floor. After this, you should get yourself registered at the counter of respective OPDs. Old patient will be charged NRs. 10/- for each visit for 15 days. After 15 days follow-up patient will be charged NRs.50/-.

You have right to consult any doctor/consultant on their OPD days. For seeking appointment with particular consultant in their non-OPD days, you may contact his/her office.

Patients are seen on first come first serve basis. However, out of turn consultation may be provided in case of emergency or to senior citizens.

Private Clinics and Wards: (for details see OPD brochure available at enquiry counter in OPD).

For allotment in Private Wards after recommendation by the treating doctor, patient should contact the Central Reception. A waiting list is maintained and the private bed is allotted as per the waiting list. The hospitalization charges of private beds can be enquired at the counter. Available facilities are:

- Paying wards in sharing basis.

- Paying ward patients are charged additionally for all specific investigations, procedures, operations and any other additional facilities.
- Daily local and National newspapers and magazines.

General In-patients Departments

The decision to admit a patient rests with the treating doctor. The patient will be admitted only if a vacant bed is available. But, in case of emergency, out of turn admission may be done.

Patients admitted in General Ward of GMC have to deposit bed charges in advance of 10 days at the rates approved by GMC management. This entitles them for doctors' consultations, patient bed with coverings and blanket, certain life saving medicines and 1 low bed for visitor. All in-patients receive treatment by team of Resident Doctors and Nurses, available round the clock, under the supervision and guidance of Faculty Members of GMC.

- Hospital Attendants are available in different wards to help in patient care and related activities.
- All the wards are fully equipped with modern gadgets and equipments e.g. ventilators, monitors, defibrillators, nebulisers; central oxygen supply and suction to provide top quality medical care.
- Indoor services have portable X-ray machines, and ECG services, Generator back up, emergency lights, internal telephone, and chairs and low beds for attendants.
- Waste disposal is done as per the established rules and utmost care is taken to keep the premises neat and clean.
- Visitors are allowed only during notified visiting hours.(for details contact counter)
- Day care facility is available for certain types of operations. e.g. laproscopic surgery; day care blood transfusion, endoscopies, colonoscopies and similar interventions.



Academic Activities:

- GMC has been publishing its quarterly academic journal.
- Daily continuing medical education (CME) program is



Rt Hon'ble Prime Minister releasing Volume 2 Issue 3 Journal of GMC

held from 1400-1500Hours in Seminar Hall of GMC at Nayabazaar, Pokhara.

One Central and departmental libraries with books, journals and periodicals of medical and other allied health sciences.

- Hello Doctor: Weekly Live Radio Talk show in health awareness is aired in Pokhara FM 95.8 MHz at 20:00 to 21:00 Hours
- GMC is actively involved in Regular Health camps, Blood Donation and Awareness Campaigns in the region.

We Create Opportunities

- GMC provides scholarship for upto 20 MBBS graduates or equivalent to study Masters or equivalent courses annually for the basic sciences. Selection of the candidates is done by Academic Committee. Preference is given to locals and those working with GMC. Currently, there are 17 candidates studying in Nepal, and abroad like Philippines, Thailand, India and Korea.
- Hospital premises are operational with wireless internet services and computer networking. Patients can make on-line appointments for consultation and procedures.
- GMC has Hinari access to research initiative with free on-line journals, books and periodicals providing opportunities for updates and research activities to its professionals.

Our board of directors:

Chairman:
Prof. Upendra Devkota

Acting Chairman:
Mr. Hari Prasad Paudel

Executive Director and Principal:
Prof. Digvijay S Timilsina

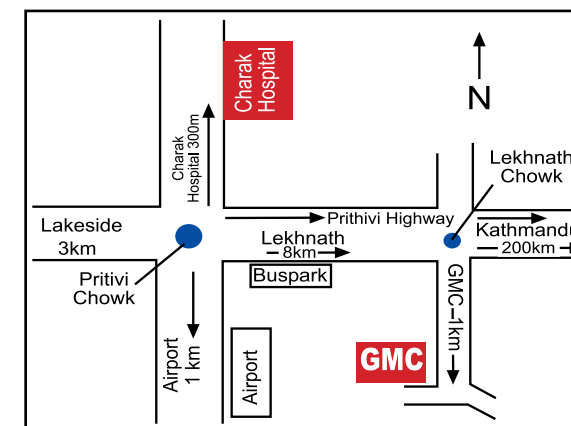
Directors:

Dr. Nirmal Lamichhane (Academic Director)

Mr. Padma Prasad Paudel

Mr. Madan Kaji Shrestha (Finance Co-ordinator)

Mr. Kedar Nath Neupane



Location map

Introduction:

"Gandaki Medical College Teaching Hospital & Research Centre (P) Ltd. (GMC)" is a health educational institution located in Kaski District of Nepal. It deals with a national priority industry for a medical college and teaching hospital. The project is founded on its own land and is purely Nepalese ownership.

GMC owns about 220 Ropanis (1 Ropani = 5625 square feet thus 11, 25,000 square feet) of land which satisfy the mandatory requisites of the affiliating university and the professional council.

The arrangement of infrastructures are made in compliance with the "Guidelines and Infrastructures Directions for Establishment and Operation of Private and Non-government Health Institutions, 2061" published by Ministry of Health and Population, Government of Nepal.

The College will allocate free tuition fees to ten (10%) percent of students nominated by Nepal Government annually.

GMC proposes a 750 bedded teaching hospital with all activity of clinical and medical facilities, thus providing excellent health care facilities.

Charak Hospital and Research Centre Pvt. Ltd. with 301 bed capacity located in Prithivi Chowk, Ward no. 9 of Pokhara Sub-Metropolitan City is owned and managed by GMC as its city hospital.

GMC will have 450 bedded multi-specialty hospitals at Lekhnath Municipality-2, which is about 9 km from Pokhara city.



GMC aims to be a centre of excellence in health education, service and research.

Bachelor of Medicine and Bachelor of Surgery (MBBS) and Bachelor of Science in Nursing (BSN) are the focal courses for the institute. Other planned courses are Bachelor of Dentistry (BDS), Bachelor of Science in Pharmacy (B Pharma), Bachelor of Science in Medical Lab Technology (BMLT), Bachelor of Nursing (BN) etc.

The primary concern of GMC is to develop through education and training, compassionate, professionally excellent, ethically sound individuals who will go out as leaders in the delivery of promotive, preventive, curative, rehabilitative



Inauguration of the city hospital by the Rt. Hon'ble Prime Minister of Nepal Mr. Madhav Kumar Nepal

and palliative aspects of health care as well as in education and in research.

In the delivery of health care, GMC with its 300 bedded teaching hospital is providing high standard health services to the community in affordable prices.

With its motto: "patient's benefit is our purpose and pride", we are committed to innovation and the adoption of new, appropriate and cost-effective technologies for the promotion of health of the individuals and the community. We also have Social Care Unit in the hospital which is concerned for the disabled, disadvantaged, marginalized and vulnerable patients. The hospital allocates ten (10%) percent of free beds and provide medical services to financially weak patients and keep additional ten (10%) percent beds and medical services at subsidized rates.

In the area of research, GMC has been publishing its quarterly academic journal as it strives to gather knowledge in fundamental basis of health and disease in order to improve interventions or in optimizing the use of resources.

In its role as a centre of excellence in the healing profession, GMC looks for support and participation in its programs in education, community health services and research from like-minded alliance in Nepal and abroad, in a true spirit of partnership.

Our Services

Diagnostic Services

Laboratory Services:

The Laboratory uses state-of-the-art instrumentation, which enables the Hospital to provide our physicians and patients with timely and accurate reports. This is an important element in the delivery of quality healthcare.

Emergency Lab : 24 hours, 7 days a week throughout the year, for all emergency investigations.

Routine Lab: Sample Collection Timings:

Weeks Days - 7:30 Hrs to 17:00Hrs.

Saturday - only Emergency

Laboratory offers comprehensive testing services in Microbiology, Biochemistry, Arterial Blood Gas Analysis, Hematology, Immunology, Urinalysis, Pathology and Histology. In case of unavailability of any specialized investigations sample are sent to accredited reference laboratory.

Radio-diagnostic Services:

- All kinds of x-rays both digital and routine, including special procedures like barium study, intravenous urography, fistulograms, hysterosalpingogram (HSG).
- Ultrasound: abdominal and small parts (scrotum, breast, musculoskeletal)
- Color Doppler for vascular ultrasound.
- Computed Axial Tomography** (CAT or CT scan) of head and whole body with a multi-slice CT scanner.



Digital X-ray unit

TOSHIBA Asteion 4 Slice CT Scanner enables practitioners to scan simultaneously multiple slices of the anatomy in less than one second. It produces exceptionally clear image quality, shorter scan times, facilitating accurate non-invasive diagnoses and enhanced patient care.



CT Scanner

Cardiology and pulmonary medicine:

- Electrocardiography (ECG)
- Echocardiography (Echo)
- Pulmonary function tests (PFTs)
- Treadmill Exercise ECG, also known as treadmill test (TMT) and stress ECG,
- Ambulatory blood pressure (ABP) monitoring with a **Holter Monitor** (also called an Ambulatory electrocardiography device)



Holter Device

Endoscopy suite:

- Advanced endoscopy suite for upper and lower gastrointestinal tract (gastroscopy, colonoscopy)
- Bronchoscopy

Neurophysiology Lab :

with awake and sleep EEG studies.



24-Channel EEG Plus Video

Clinical Services

GMC-Charak Hospital currently has 35 specialist doctors and 24 non-specialist medical graduates providing quality services to the community through 11 departments in the hospital. The hospital is rapidly growing in status and stature.

Out Patient Department (OPD)

OPD services are situated in Charak Hospital and Research Centre Pvt. Ltd (a city hospital of GMC), Sanchayakosh Bhawan, Naya Bazaar (Near Prithivi Chowk, and just in a walking distance from Pokhara central bus park), Pokhara. Our services are available in variety of speciality.

Departments

Surgery: with specialized vascular, laparoscopic and emergency surgeries.

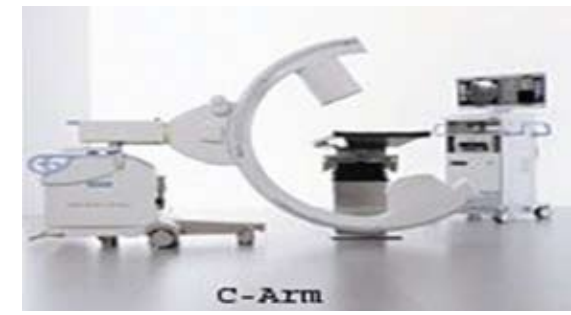
Medicine: with specialized treatment for the diseases of the heart, lungs, gastrointestinal system, kidney, blood, joints, immune and endocrine disorders.

Special clinic for diabetic, cardiology and pulmonary patients.

Gynecology and Obstetrics Services: with sub-fertility evaluation and treatment, major and minor operations, diagnostic laparoscopy, Papanicolaou test (PAP test), maternity and child health services, including family planning, antenatal checkup, delivery and immunizations.

Neuropsychiatry: with epilepsy, de-addiction and alcohol and drug relapse prevention therapies and rehabilitation services.

Orthopedics: with major, minor surgeries and trauma care all the way through rehabilitation and physiotherapy services. Mobile imaging equipment C-arms is used in minimally invasive surgeries specially in orthopedics and trauma surgery.



C-Arm

Physiotherapy: for both out-door and in-door patient with 2 specialized physiotherapists providing regular services.

Ophthalmology: with routine eye examinations. This involves:

- Complete clinical evaluation of the eye.
- A visual acuity testing is done for every patient.
- After a split lamp examination, refraction is done wherever required.
- All patients entering the clinic for the first time undergo a detailed fundus examination with indirect ophthalmoscope, to rule out any retinal disease.
- Eye muscle coordination especially for children is tested.

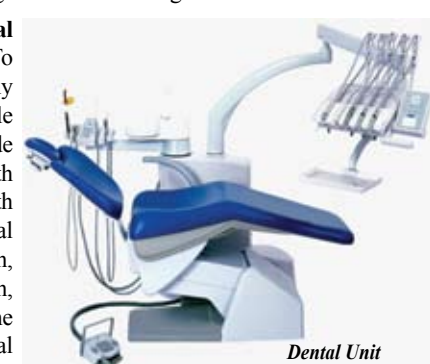
We at our centre feel your eyesight is irreplaceable. Many of the normal daily activities we take for granted - working, driving a car, reading - depend on the health of our Eyes. Eye disease which goes undetected can lead to unnecessary impairment of sight.

Oto-rhino-laryngology (ENT): with audiometry and all minor and major nasal, aural and head & neck surgeries.

Dermatology: with outpatient and in-patient services for all types of dermatological and venerological diseases.

Dental and Oral Health Care:

To create a healthy smiles! Available services include scaling, filling with cement or tooth restoration, root canal treatment, crown, dentures, extraction, care for all the gingival and oral mucosal problems.



Dental Unit

Intensive Care Unit (ICU): with 5-bedded unit equipped with central cardiac monitoring, invasive and non-invasive ventilators with dedicated doctors and nurses round the clock. It serves patients with actual or potential life-threatening health problems who require continuous observation and intervention by healthcare professionals.

At GMC's ICU, we use a multidisciplinary team to assist patients through the acute phase of their illness. The team includes board-certified critical care physicians along with



Prithwichowk, Pokhara, Nepal



Academic buildings, Lekhnath

Proposed GMC Hospital, Lekhnath



Contact us:

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(Charak Hospital)

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