

## Situational Analysis of Practical Approach to Lungs (PAL) Health in Kathmandu District

**Background:** PAL is called as patient-centered approach for improving the quality of diagnosis and treatment of common respiratory illnesses in primary health care (PHC) settings. It seeks to standardize service delivery through the development and implementation of clinical guidelines and managerial support within the district health system.

**Objective:** To explore the current situation of Kathmandu District to implement Practical Approach to Lung Health (PAL).

**Methods:** An exploratory study was carried out in Kathmandu district using both quantitative and qualitative methods. Simple random sampling technique was used to select 20 public and private health institutions and mapping was done by using GIS software.

**Findings:** All forms of respiratory problems are prevalent in district where ARTI, URTI, Asthma, Tonsillitis and ASOM accounts as major respiratory problems among total respiratory cases. Compared to private institutions, public institution had few number of health personnel working specially for respiratory problems. Analgesics, anti TB and antibiotics are sufficient in both institutions whereas anti cholinergic and anti tussive are of problem in public institution. Similarly public institutions lack the major equipments needed to implement PAL in the district.

**Conclusion:** In conclusion, adequate supply of equipments, drugs and sufficiency of Health worker in terms of technical competencies needs to be ensured before implementing PAL program in the district.

