



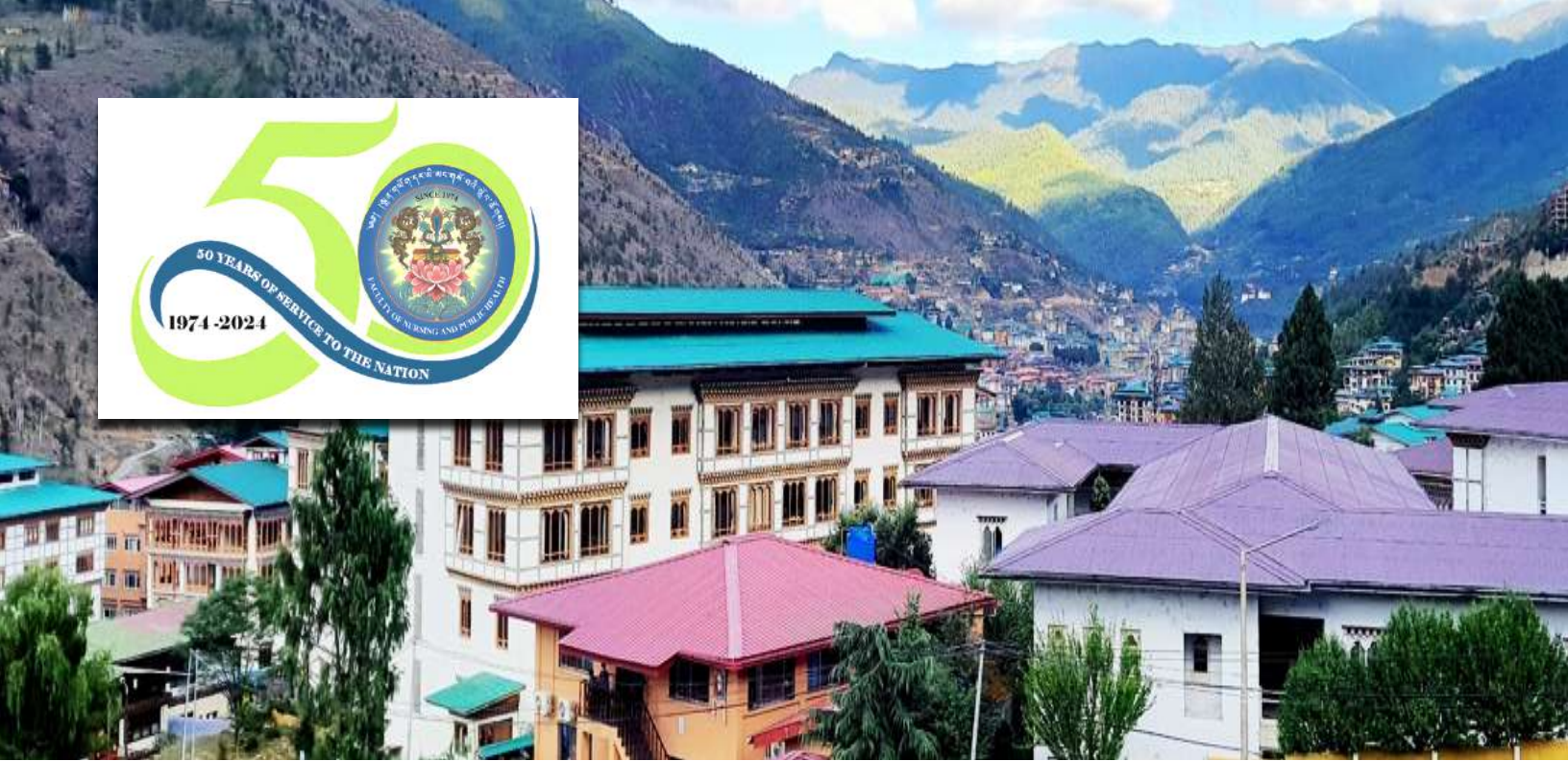
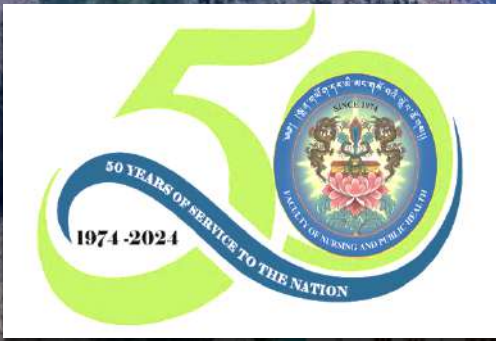
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KHE SAR GYALPO UNIVERSITY OF MEDICAL
SCIENCES OF BHUTAN

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ANNUAL REPORT

2023-2024

@khesar Gyalpo university of medical sciences of Bhutan. Year 2024





Founded in 1974 as the Health School, the Faculty of Nursing and Public Health (FNPH) has evolved in the last 50 years. In the late 1980s, it was renamed as the Royal Institute of Health Sciences (RIHS), and in early 2000, it got affiliated under the Royal University of Bhutan. In 2013, upon the establishment of Khesar Gyalpo University of Medical Sciences of Bhutan, RIHS became one of the member faculties and was renamed as the Faculty of Nursing and Public Health.

FNPH has come a long way and it continues to be a pioneer in producing competent, committed, and compassionate healthcare workers, contributing to the greater progression in health manpower development and meeting the health needs of the people of Bhutan. Just as parents would feel proud to witness the success of their children, FNPH has every reason to feel proud of its healthcare workers who have graduated from this institute with different health credentials and are doing well, attending to the health needs of fellow Bhutanese across the country and beyond. Celebration of 50 years of service to the King, country, and the people, was an opportunity to reflect upon its outstanding contribution in achieving the health milestones of the Kingdom of Bhutan. 50 years anniversary celebration also signified FNPH's resilience and enduring commitment to serving the nation, opportunity to recognize the hard work, dedication, perseverance, and fortitude that have fueled the health school's growth and development and fulfil its vision and mission.

The celebration of Golden Jubilee on 2nd May, 2024, also celebrated as the birth anniversary of the beloved 3rd Druk Gyalpo 'Father of modern Bhutan', marked the gala of its past successes and contemplate the next 50 years successes as 'Tendrel' filled with optimism and promises. The celebration was also the opportunity to get together, rewind, revive and relive the fond memories of the alumni of FNPH.

The important occasion was graced by Her Royal Highness Ashi Kesang Wangmo Wangchuck, HE Sowai Lyonpo Tandin Wangchuk, national and international dignitaries.

Year in review from the President's Desk

The past year has been transformative for the Khesar Gyalpo University of Medical Sciences of Bhutan (KGUMSB), marked by notable accomplishments and impactful initiatives from our learners, faculty, and staff. The 2023–2024 academic year exemplified our unwavering commitment to advancing healthcare education, research, and community service, with milestones that strengthened our role as a leader in Bhutan's medical education landscape.

A significant highlight was the launch of Bhutan's first MBBS program under the newly established Faculty of Undergraduate Medicine. This pioneering initiative introduced an integrated curriculum designed to develop competent, compassionate physicians who embody Bhutanese values. Complementing this were innovative teaching methodologies such as case-based and problem-based learning, alongside the enhancement of digital infrastructure through platforms like Open KGUMSB, facilitating seamless access to educational resources.

KGUMSB also prioritized capacity-building initiatives, offering leadership training for nursing faculty and field epidemiology training to prepare healthcare professionals for public health emergencies. These efforts reflect our dedication to cultivating a workforce equipped to address both local and global healthcare challenges.

The university celebrated its 9th Foundation Day, recognizing the achievements of our staff through service and excellence awards. These honors underscore our commitment to fostering a supportive and motivated academic community that drives excellence in all we do.

As we reflect on the remarkable strides made this year, we remain deeply proud of the collective efforts that have advanced our mission and broadened our impact. Together, we are shaping a resilient healthcare system rooted in Bhutanese values and aligned with global standards. Looking ahead, we are committed to exploring new avenues to enhance our programs, provide exceptional educational experiences, and prepare future healthcare leaders for the challenges of tomorrow.



Dr. Kinzang P. Tshering
President

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University at a Glance

2023-2024

ACADEMICS

Student statistics

381 enrolled

361 graduated

4 Constituent faculties

3 Affiliated institutes

150+

HR strength including faculties and other professionals.

Inaugurated MBBS program

25 Students selected for first ever MBBS program in the country.

40+

Academic programs including MD, Degree, Diploma and Certificates

launched **Community Mental Health Outreach Worker** course.

RESEARCH, SUSTAINABILITY AND ENTERPRISE

BHI published two issues

17+ peer reviewed articles.

7 medical professional completed 4 modules of BSMART and published in various journals.

Research projects carried out:

UASID project, Leishmaniasis, BYMHR, EOHH, ICDP, SATREPS, SCCI.

JICA-TCP: 15+ activities
Strengthening quality of Medical Education

COMMUNITY OF LEARNING AND PROFESSIONAL DEVELOPMENT

#

Competency development

Launched **OPEN KGUMSB** Simulation Laboratory (SIM LAB) as **Centre for Excellence**

3 Regional hospital set up **Smart classrooms**.

400+

Health professionals trained in various field.

030+

Short courses launched online accessible to all learners.

POWERED FOR INTERNATIONAL LINKAGES

#MoU signed with Universities & national agencies .

35+

Worldwide international linkages with renowned universities so far.

10 professionals

received service awards under different categories:

- Life time service
- 30 years of service
- 20 years of services
- 10 years of service

RECOGNITION AND AWARDS

Awarded best employees and faculty members for the year.

President's Award for faculties or staff.

Academic

An enduring commitment to shape tomorrow's Health: promoting innovative learning for 21st century medical professionals.

Every year, the university assumes the main responsibility to advance academic quality control mechanisms, guide commitments and setting shared vision for all of its colleges and institutes.

Furthermore, every time University steps towards strengthening healthcare systems and addressing country's emerging healthcare needs.

The establishment of Faculty of Undergraduate Medicine (FoUGM) in 2023 reflects the bigger commitment to create self-sustaining healthcare education system in the country. Of all the milestones, integration of modern technologies and enhancing competencies of healthcare

generation, with consistent guidance to develop Bhutanese values of compassion and holistic care, were major renovation. Moreover, while evidence-based education takes its toll in healthcare industry, University forged an enduring development in curriculum, instructional resources and assessment strategies promoting 21st century medical education.

The synergy to endure transition from traditional way of advancing academic to simulation-based delivery embarks on new era of academic atmosphere. Many new advancements in courses re-introduced the mind-set to be competent healthcare professionals in service of the public. And, our academicians actively involved in many national policy planning and discussions.

LEADING THE FUTURE OF ACADEMICS

The book: *Materia Medica of Low Altitude Medicinal Plants of Bhutan*

This book provides the list of low altitude medicinal plants. Bhutan is home to a rich diversity of medicinal plants, nurtured by its unique geography and pristine natural landscapes. From the lowlands to high-altitude regions, the country's ecosystems support a wide variety of plant species traditionally used in Bhutanese medicine for healing and wellness. These medicinal plants are integral to Bhutan's cultural heritage and healthcare practices, offering remedies that are deeply rooted in ancient knowledge passed down through generations. Beyond the cultural significance, Bhutan's medicinal plants also hold immense scientific interest, as many species possess unique properties that contribute to both traditional and modern medical treatments. Efforts to document and preserve this botanical wealth, such as updating resources like *Materia Medica of Low Altitude Medicinal Plants of Bhutan*, *play a crucial role in sustaining and sharing Bhutan's plant-based knowledge with the world.*

Launching of total quality management in healthcare courses in OPENKGUMSB



In celebration of World Quality Week 2023, KGUMSB, alongside key implementation partners, proudly launched the *Total Quality Management in Healthcare* course on the Open KGUMSB Virtual Learning Platform. This course aims to empower healthcare providers with essential Quality Improvement (QI) skills, equipping them to address local quality challenges through the use of analytical tools, effective teamwork, and available resources. The launch event, honored by the presence of the Acting Secretary of the Ministry of Health, also marked a significant milestone in capacity-building, with the certification of 25 QI coaches and 93 participants who successfully completed the Training of Trainers program. This training was conducted across major hospitals, including JDWNRH, ERRH, and CRRH, underscoring KGUMSB's commitment to elevating healthcare quality standards in Bhutan.

Certification of community mental health outreach workers



Nearly a year ago, the idea of conducting short-term training on community mental health outreach worker was born. Accordingly, the clinical counselling unit of the Faculty of Nursing and Public Health developed 6 months training curriculum in consultation with the PEMA Secretariat and the consultants of De-Suong Skilling Program. The aptitude test screened 25 De-Suong from a pool of 50, of which 21 enrolled in the beginning of the course. A total of 750 hours was dedicated to cover 5 modules and earned 60 credits. Throughout the arduous 6 months academic journey, the graduates learned various psychological and mental health related concepts and theories, gained skills on case management and recovery of the individual, groups, and communities, as well as essential practice skills required for a community mental health outreach worker.

A group of 23 De-suungs enrolled in the six months certificate course on community mental health outreach with the aim to become the front liner in tackling mental health issues in the community, manage basic, and make necessary referral. Following the successful completion of the course, the Certificate on Community Mental Health Outreach Work course was awarded in January, 2024, by Honourable President of KGUMSB.

11th Batch skill development course in gSorig spa & wellness conducted



The 11th batch of Menjong gSorig Spa and Wellness short course, in collaboration with the Department of Workforce Planning and Skills Development, Ministry of Education conducted training from March to May 2024.

This comprehensive training covered a spectrum of subjects in Menjong gSorig Spa & Wellness, encompassing Herbal Therapy and Medicinal Plants, Hygiene and Sanitation, Three Humors, gSorig Anatomy, gSorig

History, gSorig Yoga and Meditation, gSorig Massage, Diet and Behavior, Customer Care, Wheel of Life, and First Aid.

ENHANCING TEACHING AND LEARNING APPROACHES: FOSTERING A STUDENT-CENTERED TEACHING-LEARNING

Enhances student engagement supporting the development of lifelong learners equipped to adapt and succeed in a rapidly changing world.

Student-centered teaching and learning focused on empowering students to take an active role in their educational journey, placing their needs, interests, and learning styles at the forefront of instructional design. In this approach, students are encouraged to participate actively through collaborative projects, discussions, and problem-solving activities, fostering a sense of responsibility for their own learning. Rather than passively receiving information, students are guided by instructors to explore concepts, ask questions, and connect new knowledge to real-life situations, building critical thinking and self-directed learning skills.

INNOVATIVE TEACHING AND LEARNING TRAINING FOR FNPB FACULTY MEMBERS

The FNPB team was then better prepared to refine its educational methods to meet global standards in healthcare education.

To address the evolving needs of today's learners, the FNPB management team, recently attended an intensive five-day training program in Bangkok from January 15-19, 2024. The program was dedicated to exploring innovative teaching and learning strategies specifically designed for public health and nursing education. With a focus on harnessing digital tools and implementing student-centered approaches, the training provided valuable insights into modern educational practices that prioritize active learning and adaptability.



The knowledge gained from this program supports FNPB's mission to create a dynamic learning environment where students are encouraged to actively engage with content and build essential skills. This commitment to continuous improvement will enhance the learning experience for FNPB students, preparing them to succeed in an increasingly complex healthcare landscape.

Pedagogical transformations

Leveraging the opportunity of pedagogical transformations, we always strive to encourage our faculty members to develop skills in new approaches of teaching-learning.

Basic pedagogy training

Aiming to strengthen teaching skills and modernize educational practices, the Faculty of Nursing and Public Health (FNPH) recently hosted a Basic Pedagogy Training session. This training was led by experienced faculty members from the undergraduate and postgraduate medicine programs at KGUMSB, who brought valuable expertise and guidance to the event.

The training centered on introducing innovative teaching and learning methodologies designed to meet the diverse needs of 21st-century learners. Participants gained practical insights into effective instructional strategies, enhancing their ability to engage students actively and create a more dynamic, student-centered learning environment.

Case based learning



The Faculty of Undergraduate Medicine conducted its first Case-based Learning training on the 22nd of July, 2024, aimed at equipping faculty members with the necessary teaching skills to implement interactive learning methods. This training focused on developing real-world, context-specific scenarios that would encourage active participation and foster critical thinking among

students. By incorporating these teaching techniques, the faculty aims to improve the overall quality of education and better prepare students for the challenges they will face in their medical careers.

The training was facilitated by Dr. Karma Tenzin, who guided participants through the process of creating and utilizing case-based learning scenarios. This approach encourages students to engage deeply with medical content, applying their knowledge to solve complex problems. By introducing this method, the faculty seeks to create an engaging and dynamic learning environment that enhances students' analytical and problem-solving skills, ensuring they are well-prepared for the realities of medical practice.

Problem based learning



The Faculty of Undergraduate Medicine recently conducted its inaugural Problem-Based Learning (PBL) training session on the 26th of July, 2024 for teaching faculty members. As a key component of the integrated MBBS curriculum, PBL plays a crucial role in enhancing the educational experience by focusing on real-world medical problems that require students to actively engage in the

learning process. The training aimed to familiarize faculty with the PBL method, ensuring effective implementation in their teaching practices.

PBL fosters essential skills among students, such as critical thinking, problem-solving, and self-directed learning. By working collaboratively in teams, students are encouraged to explore medical case scenarios, analyze complex issues, and communicate their findings. This approach not only enhance their ability to apply theoretical knowledge in practical settings but also prepares them to become independent, lifelong learners who can adapt to the ever-evolving field of medicine.

Resident's Elective Program

The Postgraduate curriculum and Bhutan Medical and Health Council regulation mandatorily require the Postgraduate resident to undergo elective programs to get exposure and to enhance their knowledge and skills in the field of specialty both within and outside the country.

For the in-country elective fourteen final year and sixteen third year residents were sent to Regional Referral Hospitals to gain experience in resource limited settings. For ex-country elective, ten 3rd year residents and fourteen 2nd year residents were sent for ex-country electives to expose them in various sub-specialist fields which are not available in the country and to expose them in the academic.

Faculty Exchange Program



Student Exchange Program with Deakin University



nursing faculty of Deakin University, Australia. However, these exchanges were significantly impacted by the COVID-19 pandemic. The exchange program was reinstated from the autumn semester of 2023.

The Faculty of Nursing and Public Health (FNPH) has a long-standing tradition of student exchange programs with the



Pedagogy training at FoUGM



The Faculty of Undergraduate Medicine hosted the first ever faculty development program for 27 faculty members from Faculty of Postgraduate Medicine, Faculty of Undergraduate Medicine (MBBS), Faculty of Nursing and Public Health, Faculty of Traditional Medicine, Royal

Thimphu College, Apollo Bhutan Institute of Nursing and Arura Academy of Health Sciences.

The pedagogy training conducted was a series of capacity building initiatives designed to implement competency-based curriculum through adoption of student-centered teaching and learning activities. The key areas aimed by the workshop



were; Problem based learning, Flipped Classrooms, SNAPPS, WPBA tools and importance of giving and receiving feedbacks in teaching and learning encounters.



The training was facilitated by Dr. Karma Tenzin, Dr. Karma Sherub, Dr. Sontosh Mukhia and Prof. Matthias Siebeck.

Internship Program

Faculty of Postgraduate Medicine offers one-year internship programme for medical students which is compulsory phase for undergraduate medical training leading to award of bachelor's degree.

Internship is undertaken to improve professional knowledge and acquire practical skills under supervision and guidance of a qualified supervisor in area of medical and health care to enable the graduate to function independently.

Number of interns graduated in June 2024	15
Number of interns graduated in December 2023	16
January 2024 Induction Batch	11
July 2024 Induction Batch	28

REVITALISING QUALITY IN ACADEMIC

Ensuring quality academics in an educational setting requires a multi-faceted approach that involves continuous improvement, effective teaching strategies, robust curriculum design, and a supportive learning environment.

Strategic Support for Accreditation of Programs and Internationalization (SSAPI)

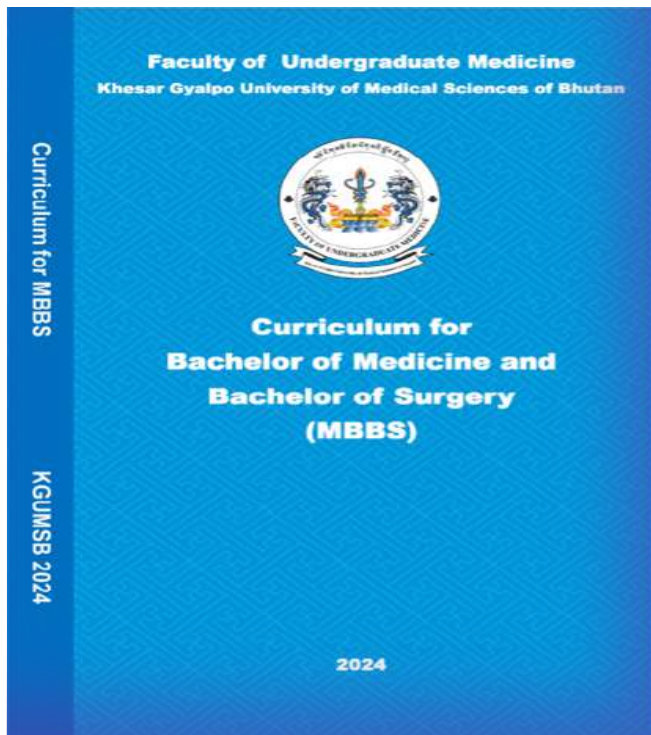
The Strategic Support for Accreditation of Programs and Internationalization (SSAPI) is a project co-funded by the Erasmus+ Programme of the European Union. This collaborative initiative aims to enhance capacity in the field of higher education across partnering countries.

At the Faculty of Nursing and Public Health (FNPH), the SSAPI project is led by Mr. Wangchuk, who serves as the project manager.

In October 2023, an SSAPI meeting was held at FNPH to discuss progress, strategies, and collaborative efforts aimed at improving program accreditation and fostering international partnerships.



Developed integrated curriculum for MBBS



The curriculum for MBBS was drafted by the Technical Working Group appointed by KGUMSB which consisted of medical education experts, faculty members, clinicians, and other relevant stakeholders. Led by Dr. Karma Tenzin (Curriculum committee lead), the curriculum underwent series of consultation, reviews at both internal and national level, and validation with which after every round of review the working team further refined the draft curriculum.

After series of revision and validation, the curriculum received approval in February 2024. Faculty of Undergraduate Medicine has since adopted the integrated curriculum,

designed to help equip students with the core competencies required to become a competent physician.

Developed curriculum for MD in Acupuncture

Remaining progressive is an aspiration of the faculties under KGUMSB. One such is the Faculty of Traditional Medicine (FoTM) that continues to develop new curriculum for those aspiring to upgrade their traditional medicine. In order for the curriculum of MD in Acupuncture to meet the academic standards of KGUMSB, the curriculum went series of review and validation.



Revised curriculum for Diploma in Community Health (DCH)



The Diploma in Community Health (DCH) curriculum, last revised in 2017, underwent an essential update to align with contemporary educational standards. Supported by Save the Children, Bhutan, the revision was carried out by teaching faculty engaged in training DCH trainees, ensuring the curriculum remains relevant for the 21st-century learner.

Common exam for Nursing program.

This approach ensures that all students are measured against the same set of criteria, promoting fairness and consistency in evaluating their readiness to enter the nursing profession. A standardized assessment system for all nursing students across different institutions or regions take the same exam to evaluate their knowledge and competencies in nursing practice. Centralized exams covered a broad range of topics, from clinical knowledge and patient care skills to ethical practices and healthcare regulations, ensuring a comprehensive assessment of students' preparedness.

Implementing a centralized exam in nursing helped to establish uniformity in educational standards, offering a clear benchmark for the competencies expected of nursing graduates. It also aids regulatory bodies in ensuring that the nursing workforce is well-equipped to provide quality care. As nursing education evolves, the centralized exam played a crucial role in maintaining high standards and ensuring that all nurses possess the necessary skills and knowledge to excel in their roles.

Developed assessment training modules

By enhancing the quality of test items, item development training plays a crucial role in improving the overall assessment process, leading to more meaningful evaluations of student progress and learning outcomes in the University. Aimed to create high quality assessment for graduates, Item development training is an essential process, equipping educators and examiners with the skills to design effective test items. This type of training covers best practices in crafting questions that are clear, fair, and aligned with learning objectives, ensuring that each item effectively assesses the intended competencies. Participants are expected to learn to develop a variety of item types, from multiple-choice and true-false questions to open-ended and scenario-based questions, while also learning to avoid common pitfalls such as ambiguous wording or biased language. Through this training, instructors gain valuable insights into the principles of validity and reliability, which are essential for producing assessments that accurately reflect student learning.

Moreover, item development training provides a structured framework for aligning assessment items with the curriculum and ensuring consistency across different tests. This training often includes workshops and hands-on activities where participants practice writing, reviewing, and revising test items. Collaboration and peer review are emphasized, enabling instructors to learn from one another and refine their skills. This ultimately contributed to a stronger academic environment where assessments serve as reliable tools for measuring and guiding student's achievement. The workshop was conducted from 16th to 21st June 2024.

RESEARCH, SUSTAINABILITY, AND ENTERPRISE

EMPOWERING RESEARCH AND EVIDENCE BASED PRACTICES

Through a relentless pursuit of knowledge and a focus on transformative solutions, university leads research that not only advances understanding but also paves the way to become a premier center of excellence in medical education, research and quality healthcare

International Conference on Medical and Health Sciences (ICMH)

Transforming data into actionable insights bringing evidence to the fore-front of decision making.

The Khesar Gyalpo University of Medical Sciences of Bhutan hosted the 8th International Conference on Medical and Health Sciences (ICMH) from April 11-13, 2024, at the Terma Linca Resort and Spa in Thimphu. This year's conference centered around the theme “Transforming Health Systems: Evidence-Based, Equity, Excellence, and Resilience” reflecting the university’s dedication to advancing healthcare through evidence-based education, ensuring equitable access to healthcare resources, fostering excellence in medical education, and promoting resilience in healthcare systems. This year conference featured a diverse array of sessions, including keynote addresses, plenary sessions, and side events, covering topics such as:

- Rethinking better management of Emerging Infectious Diseases (EIDs) including Antimicrobial resistant infection and Vaccinology
- Non-Communicable Diseases (NCDs)
- Wellbeing and mental health resilience
- Medical education and health technology
- Health financing and health system strengthening
- Panel discussion on re-modelling the referral system

International experts shared their findings and best practices in healthcare dynamics...



The conference was held in a hybrid format, accommodating both in-person and virtual participation to meet diverse attendees'



The 1st national level gSorig conference hosted

Bridging Tradition and Modernity: Advancing Holistic Healthcare through Bhutan's 1st National gSorig Conference



The first National level gSorig Conference, a historic event themed “Unravelling the Wisdom of Sowa Rigpa for Holistic Health Care” was hosted on 17th May 2024 by the Faculty of Traditional Medicine.

This pioneering conference, hosted in the Faculty of Traditional Medicine, has drawn scholars, practitioners, and enthusiasts of traditional medicine from across the nation to explore and celebrate the ancient healing traditions of Sowa Rigpa. In the grand opening ceremony, His Excellency Lyonpo Tandin Wangchuk, WHO representative and other dignitaries graced the event, emphasizing the vital role of Sowa Rigpa in Bhutan's healthcare system. The conference aims to integrate traditional wisdom with modern medical practices, fostering a holistic approach to health and wellbeing.





Bhutan Sorig Journal

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A significant highlight of the event is the launch of the Bhutan Sorig Journal, a groundbreaking publication that represents a remarkable milestone in the field of traditional medicine. This journal is set to pave the way for evidence-based research, providing a platform for the documentation, analysis, and dissemination of scholarly work on Sowa Rigpa.

Article

Effectiveness of the Herbal Compound
in the management of rheumatoid
arthritis: A systematic review and
meta-analysis

Article

Advances in the diagnosis and
management of rheumatoid
arthritis

Short Communication

Prevalence of
rheumatoid
arthritis in
Bhutan

Evaluation of Hospital-Based Substance Use Disorder Treatment and Care Services in Bhutan

This study evaluated hospital-based substance use disorder (SUD) treatment and care services across four hospitals in Bhutan. The objectives included assessing management support, evaluating adherence to treatment guidelines, analyzing service effectiveness, and identifying areas for improvement. A mixed-method, cross-sectional design was used, combining quantitative and qualitative data.

The study involved healthcare providers, patients, and family members from Jigme Dorji Wangchuck National Referral Hospital, Eastern and Central Regional Referral Hospitals, and Phuentsholing Hospital. The study was conducted from August 2023 to January 2024.

Advancements in Health Research

Enhancing Health and Wellbeing through Collaborative Research: Insights into HIV Care in Bhutan



Partnerships for Enhanced Engagement in Research (PEER) in collaboration with the USAID financially support a total of five scientists from Bhutan. One of the recipients was Dr. Nidup Dorji and Mr. Wangchuk of the Faculty of Nursing and Public Health, KGUMSB, to undertake the research project on “*Health-related quality of life and psychological wellbeing among people living with HIV in Bhutan*”. The project was successfully completed in early 2023. PEER in collaboration with the Royal Society for Protection of Nature (RSPN) organized a two-day symposium. It was held from 13 to 14th September, 2023. Dr Dorji presented the main findings of the project in the symposium.

Collaboration with International Child Development Program (ICDP)

The International Child Development Program (ICDP), based in Norway, is collaborating with KGUMSB to implement its child development initiatives in Bhutan. The program aims to enhance caregiver-child relationships by reactivating local cultural practices to promote sustainable and long-lasting child development. The first collaborative meeting was successfully held in early September 2023.



Development of Business Strategy and Sustainability

A Roadmap to KGUMSB's Self-Reliant Future

In December 2023, KGUMSB initiated the development of a business model aimed at ensuring the university's future self-sustainability. The workshop was led by the Director of MECRIT, with participation from the Deputy Dean of Public Health and Allied Health Sciences. This marks a significant step towards financial independence for the university.

Our business strategy centers on establishing the university as a leader in innovative education and impactful research, committed to empowering students, faculty, and the broader community. We aim to create a sustainable model that balances academic excellence with financial resilience by expanding diverse revenue streams, fostering partnerships with industry and government, and prioritizing digital transformation and student-centric services. With a focus on lifelong learning, global reach, and community engagement, we are dedicated to delivering value through a curriculum that aligns with the evolving demands of the workforce and society.



Community of learning and professional development

Community Learning & Continuous Professional Development

Building a community of Learning, Innovation, and lifelong growth

The University thrives to fosters a strong community of learning and professional development, which enriches both the individual and collective experience of its students, faculty, and staff. Such a community promotes collaboration, innovation, and the sharing of diverse perspectives, essential for creating a holistic and inclusive educational environment. By encouraging lifelong learning and supporting continuous professional growth meeting ever-evolving global landscape

Training on High & Low Fidelity Simulation Mannequins

Simulation training for educators, strengthening skills of critical thinking and student engagement.

In February 2024, 15 nurse and midwifery educators, including faculty in midwifery, nursing, public health, and adjunct roles, participated in a simulation training with support from UNFPA and UNICEF. Facilitated by simulation expert Mr. Tshewang Rinzin, the training equipped educators with foundational skills in using simulation mannequins. This hands-on experience aimed to enhance educators' ability to strengthen students' critical thinking and engagement in medical education



Nursing Leadership and Capacity- building Initiatives

Building nursing leadership and clinical capacity through capacity building initiatives

The Australian Volunteers Program Bhutan Office facilitated virtual Nursing Leadership Training to build capacity and train future trainers among nursing faculty and clinical staff. The Faculty of Nursing and Public Health, with support from the Department of Public Health and UNFPA, provided Low Dose High Frequency (LDHF) training to General Duty Medical Officers to strengthen skills in managing obstetrics emergencies, aiming to reduce maternal and child mortality. SOPs for birthing simulation were

developed to improve the use of simulators for birthing and neonatal resuscitation training.

Author & Reviewer Training Conducted

**Building a bridge between traditional & innovation:
Empowering editorial excellence in Sowa Rigpa.**



From 13-17 January 2024, the Bhutan Sorig Journal of the Faculty of Traditional Medicine conducted its first Author and Reviewer Training for editorial board members. The training for authors covered manuscript writing, reporting guidelines (EQUATOR Network), and publication ethics. Reviewers were trained on the journal's policies and given hands-on experience in assessing various manuscript types.

Participants included editors, assistant editors, faculty members, clinicians, editorial assistants, technical team members, and librarians. This training, aimed at building editorial capacity, was supported by the Japan International Cooperation Agency's Technical Cooperation Project and coordinated by the Faculty of Traditional Medicine and the BSJ Secretariat. The journal seeks to become a key repository for scientific publications on Sowa Rigpa, Traditional Medicine, and complementary medicine.

Consolidation and Video Shooting of Neonatal Resuscitation Courses

Empowering neonatal care through blended learning and expert collaboration

To adopt blended learning healthcare education environment, the modules for "Neonatal Basic Life Support" course and "Neonatal Advanced Life Support" using Moodle LMS for CPD "OpenKGUMSB" were developed. Subsequently, International expert Dr. Hagane Shimaoka, Pediatrician, International University of Health and Welfare (IUHW) and Druk Sokchop Neonatal Technical Working Group conducted the Course Validation and Capacity Building for the Instructors from 21-24 June for the district participants and the participants from JDWNRH from 23- 26 June 2023 in Thimphu.

Consolidation and video shooting workshop for Neonatal Resuscitation Courses were done from 31 July -01 August 2023 at SIM Lab to incorporate necessary inputs and comments from the course validation.

Training of Trainers (ToT) on Neonatal Resuscitation Course

Enhancing Bhutan's healthcare by training skilled individuals in resuscitation through blended learning

The Training of Trainers (ToT) in Neonatal Resuscitation, under the Druk Sokchop Bhutan Lifesavers' Courses, aims to enhance neonatal care across Bhutan by equipping healthcare professionals with essential skills for managing neonatal emergencies. Designed for health center personnel, the ToT focuses on creating a network of skilled trainers who can teach neonatal resuscitation techniques to their colleagues, boosting neonatal care standards nationwide.

Using a blended-learning approach, participants completed online coursework on Neonatal Basic and Advanced Life Support (NBLS & NALS) via the OpenKGUMSB platform, followed by in-person, hands-on training. This approach allows healthcare workers from diverse regions to access training flexibly and develop practical resuscitation skills with experienced guidance.

By developing a cadre of local trainers, the ToT fosters the sustainability of neonatal care advancements in Bhutan, ultimately contributing to better neonatal health outcomes across the country.

Field Epidemiology Training Program

Strengthening Bhutan's public health resilience through comprehensive epidemiological training for health professionals

The Field Epidemiology Training Program (FETP) is a crucial initiative aimed at enhancing global health security by equipping public health professionals with the skills needed for effective surveillance and response to public health threats. Recognizing its importance, the Medical Education Centre for Research, Innovation, and Training (MECRIT), in collaboration with the Ministry of Health, organized the FETP from August 14 to 25, 2023. This training was generously funded by the World Health Organization (WHO) under a signed Agreement for Performance of Work (APW).

The program attracted 19 health professionals, including medical doctors, clinical officers, laboratory technologists, and health assistants from both national and subnational levels. The training was designed to build the epidemiological capacity of these participants, focusing on the foundational principles, methods, and applications of epidemiology. By doing so, it aimed to improve the delivery of public health services in Bhutan, ensuring that the country is better prepared to manage and respond to public health challenges.

Through discussions and practical exercises, participants gained critical skills in disease surveillance, outbreak investigation, and data analysis. This comprehensive approach not only strengthened their technical knowledge but also fostered a deeper understanding of how to apply epidemiological practices to real-world scenarios, ultimately contributing to a more resilient public health system.

Technical Coordination for Medical Technology Training

Enhancing medical technician training through regular collaboration between FNPB and JDWNRH for effective education and quality improvement



The Faculty of Nursing and Public Health (FNPB) remains the primary faculty under KGUMSB responsible for training medical technicians, with core and adjunct faculty from Jigme Dorji Wangchuk National Referral Hospital (JDWNRH) providing specialized instruction after students complete their foundational year

To enhance teaching quality, a Technical Coordination Meeting is held regularly between FNPB and JDWNRH. The most recent meeting took place on 1st September 2023, focusing on addressing challenges and improving collaboration to ensure effective training for medical technology students.



Continuing Professional Development (CPD) Training at the Faculty of Nursing and Public Health

Professional Development training for outreach workers on vital reproductive health and STI/HIV, to effectively serve key populations

As a health training institute, FNPH continues to facilitate CPD related training to different health stakeholders. In November, 2023, FNPH facilitated training on reproductive health, sexually transmitted infection (STIs) including HIV to Key Population and outreach workers. The training enabled the outreach workers to reach the right information to the key population



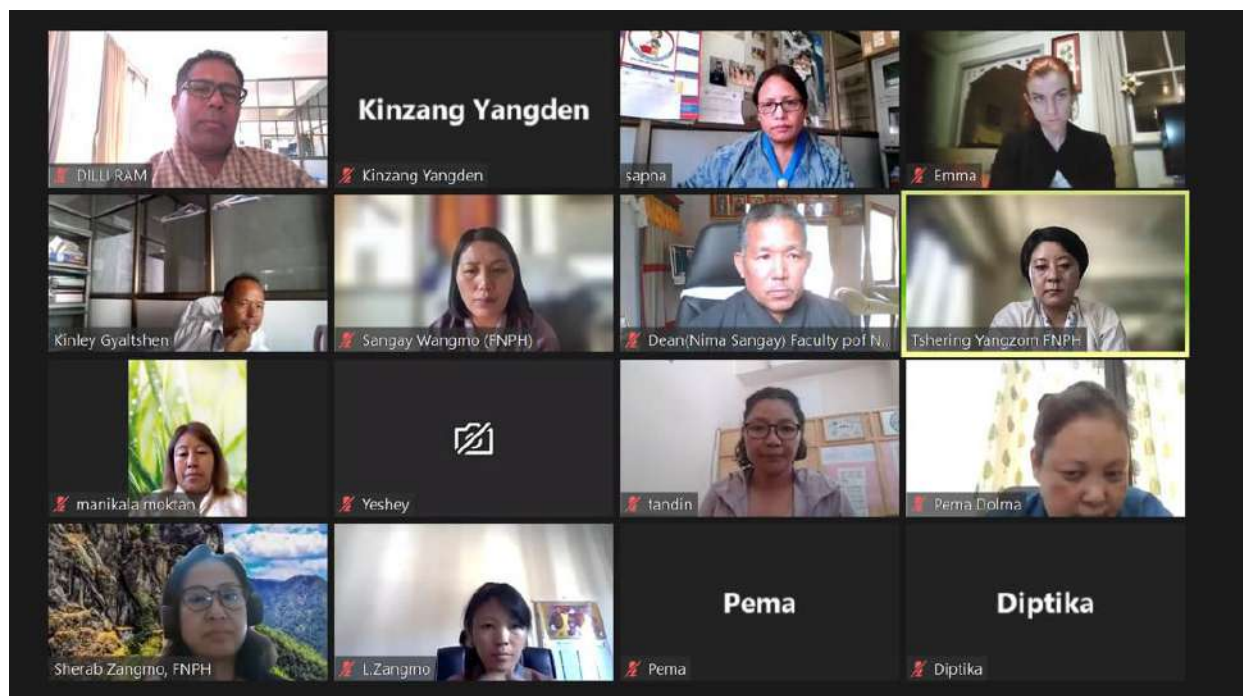
Certificate Courses for Nurses



Dialysis Nursing, Adult Critical Care Nursing, Neonatal Critical Care Nursing (May 2024) and Perioperative Nursing (August 2024) students. The six months certificate courses in critical care nursing enable the nurses in capacity building with new knowledge and competencies in providing holistic care to the patients suffering from various critical illness.

NURSING LEADERSHIP TRAINING

Nursing Leadership Virtual training is facilitated by the Australian Volunteers Program Bhutan Office. The training facilitator is Emma K. Nugent, Nurse Educator, RN in Trauma Nursing, Australian Volunteer. The participants are the faculties from FNPH, ABIN, RTC and ARURA, and clinical Adjunct and core faculties from JDWNRH.



The Faculty of Nursing and Public Health in collaboration with the Reproductive Health, Department of Public Health, Ministry of Health with funding support from UNFPA conducted 4 days of training (22nd to 25th May 2024) on **Low Dose High Frequency (LDHF)** for the General Duty Medical Officers (GDMOs) to enhance their knowledge and skill in Obstetric emergencies to prevent maternal and child mortality.



Training on High and Low Fidelity Simulation Mannequin February 2024

A total of 15 nurse and midwifery educators (5 Midwifery, 7 Nursing, 2 Public health & 1 Adjunct faculty) participated in the training at the faculty with the support from UNFPA and UNICEF. The training was facilitated by Mr. Tshewang Rinzin, who is a simulation expert, CSBT lab manager, and is also a teaching faculty at FNPH. The use of simulation mannequins in training is proven to be highly effective and valuable tool for medical education. This training has equipped the nurse educators with basic knowledge of simulation technology and make use of mannequins to strengthen students' critical thinking skills and find fun in learning.



Seminar on strengthening maternal and child health

A seminar on "**strengthening maternal and child health**" was conducted at FNPH. Integral cardiotocography (iCTG) implementation in the country to prevent stillbirth and birth asphyxia was discussed during the seminar. A thorough demonstration on the use of iCTG and its interpretation were presented to the final year Nursing and community health students by experts from Kagawa University, Japan. Besides, the non-pharmacological management of pain during labour were also discussed. The session saw active participation and interaction by the students and staff from the department of midwifery, FNPH.



Point of Care Quality Improvement (POCQI) SEMINAR

Organized with the objective to promote awareness and understanding of Quality Improvement in point of care settings to enhance quality, safety and patient outcomes.



Towards Innovation and Excellence

A drive towards innovation challenge gSorig Literary Club under Faculty of Traditional Medicine hosted brand new idea challenge within the gSorig community

Intended to bridge the traditional wisdom on medicine and modern sciences, the club premiered an event to gathered ideas and innovations in field of sciences. Participants had developed models and displayed insightful creations highlighting the historical evolution of traditional medicines and its connection with modern sciences. This event further promoted the significance of alternative healthcare services and passed a strong message that honouring the history of healthcare in Bhutan while embracing the dynamism nature of healthcare services in the future.

The event was participated by students, faculty members and gSorig family from National Traditional Medicine Hospital (NTMH). The event was hosted on 21st May



Empowering patient safety through simulation- based education.

Coinciding the world patient safety day, University celebrated the first anniversary of Centre for Simulation-Based Training (CSBT) which is one of the center nurturing excellences in providing medical education through simulations. This simulation laboratory provides continuing professional development for practicing professionals, faculty members and students, and became a center to promote simulation-based education through structured curriculum.

Based on the theme of the day “Engaging patients for patient safety”, the occasion re-voiced the importance of patient’s voices. Considering the significance of simulation-based education and highlighting importance of the day, at CSBT, University highlighted the empowerment of patient safety and collaboration among patients, families and healthcare stakeholder.

The event, graced by the Hon’ble President of KGUMSB and attended by the Registrar, Deans, and diverse healthcare professionals, featured a demonstration of high-fidelity simulators.



Temporal Bone Dissection Lab

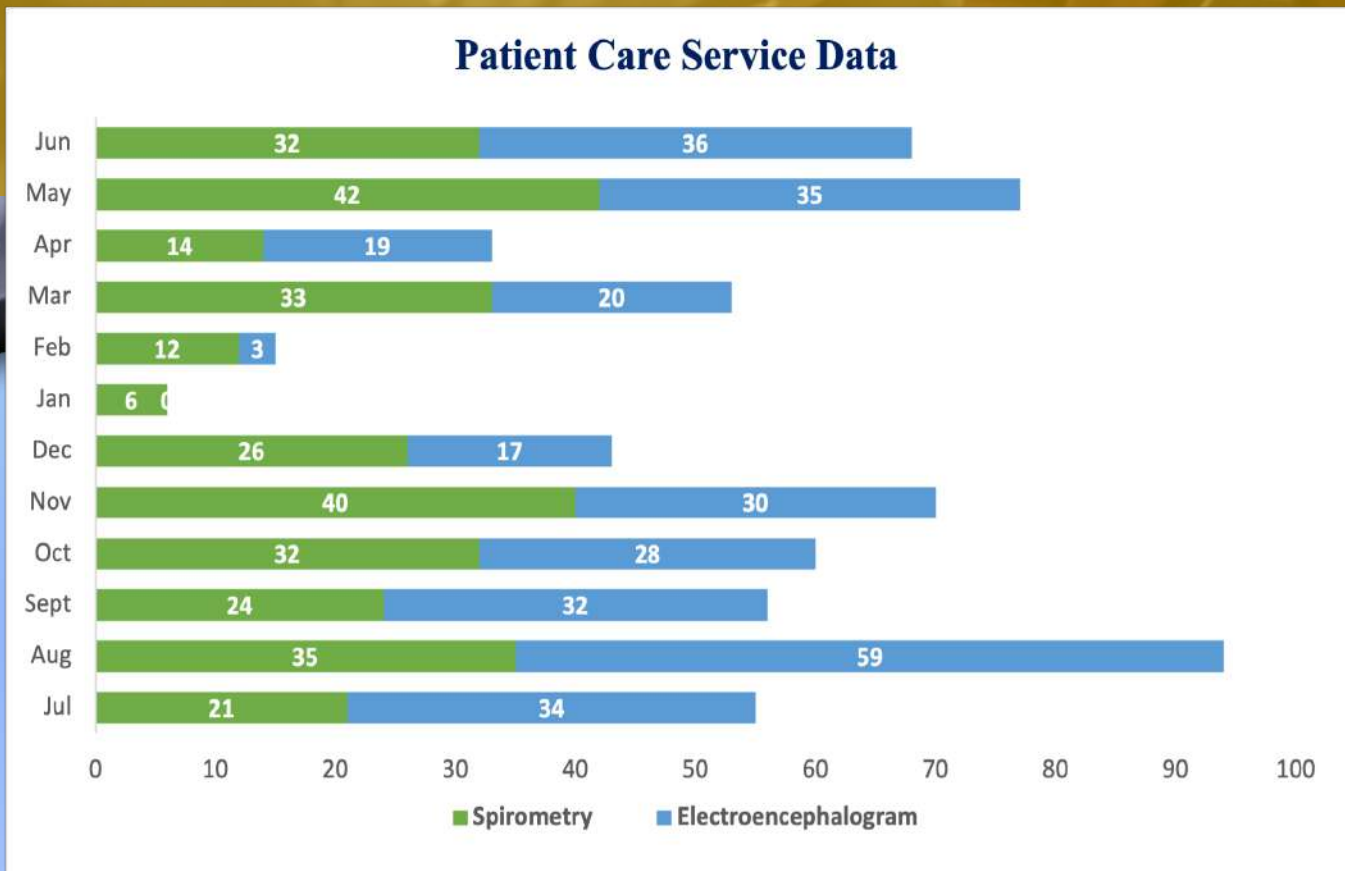
Shaping ENT excellence: Precision training in the temporal bone dissection lab

Temporal bone dissection is a specialized technique used in medical training, particularly for Ear, Nose and Throat (ENT) doctors. The temporal bone is a part of the skull that houses delicate structures of the inner ear and important nerves related to hearing and balance. By dissecting this bone in a controlled laboratory environment, doctors can learn first-hand about its complex anatomy. This hands-on learning is essential for mastering surgical techniques, ensuring that doctors are well-prepared to perform surgeries with precision and expertise in clinical settings.

Supported by KGUMSB and JICA, the lab will serve as a crucial training ground for resident doctors doing their four-year residency course in ENT surgery. This facility was inaugurated in a solemn ceremony by the hospital lama and attended by the Dean of the Faculty of Postgraduate Medicine, Medical Superintendent of JDWNRH, Program Coordinator of JICA, and other faculties and staff. This marks a significant leap forward in ENT specialization training.

Center for Research in Respiratory and Neuroscience services

Leading the way in Respiratory and Neuroscience Service Care Since 2016



The Center for Research in Respiratory and Neuroscience has been providing the patient care services like spirometry, electroencephalogram and NCV & EMG since starting of the laboratory in 2016. The statistics for the year July 2023 to June 2024 is presented below.

Human resource

HUMAN RESOURCE

Appointment of Registrar



Appointment of founding Dean, FoUGM

The Faculty of Undergraduate Medicine made a significant milestone in its establishment with the appointment of Dr. Gyem Dorji as the founding Dean on 8th of February, 2024. Dr. Gyem Dorji originally hails from Tsentu Shari, Paro.

Dr. Gyem brings in invaluable experience and visionary approach to his role which with his leadership will guide the Faculty of Undergraduate Medicine in its formative years.



Appointment of Director (HR & Planning)



Appointment of Director (MECRIT)



SERVICE AWARD AND CEREMONY



14th December 2023: As per the Royal Command from His Majesty the King, the Khesar Gyalpo University of Medical Sciences of Bhutan organized a simple ceremony to award the service medal to the faculty members/staff of the University for their dedicated service and loyalty to the Tsa Wa Sum. The award ceremony was marked

by offering of the Marchang, followed by Suja Desi and awarding of the Medals.

Following were the recipients:

Dedicated Lifetime Service Award (2023):

1. Dr. Kinzang Pem Tshering, President – Office of the President (OOP)
2. Mr. Chheten Gyeltshen, Specialist (Student Affairs) – Office of the President (OOP)
3. Mr. Leki Dorji, Senior Communication Technician – Faculty of Nursing and Public Health (FNPH)
4. Mr. Tara Bir Gajmer, Senior Driver – Faculty of Nursing and Public Health (FNPH)

Dedicated Service Award for 20 Years and Above (2023):

1. Mr. Sonam Tenzin, Accounts Assistant – Office of the President (OOP)

Dedicated Service Award for 10 Years and Above (2023):

1. Ms. Choki Dema, Senior Record Officer – Office of the President (OOP)
2. Mr. Thinley Dorji, Senior ADM Assistant – Office of the President (OOP)
3. Ms. Yeshi Choden, Senior ADM Assistant – Office of the President (OOP)
4. Mr. Yozer Dorji, Senior Store Keeper – Office of the President (OOP)
5. Mr. Dal Bahadur Gurung, Senior Dispatcher – Office of the President (OOP)
6. Mr. Tashi Gyeltshen, Senior Driver – Office of the President (OOP)
7. Ms. Tashi Lhamo, Sweeper – Office of the President (OOP)
8. Ms. Dorji Choden, Library Assistant – Faculty of Nursing and Public Health (FNPH)
9. Ms. Pema Dema, Sweeper – Faculty of Nursing and Public Health (FNPH)

The ceremony was presided over by the President of the Khesar Gyalpo University of Medical Sciences of Bhutan, who was also the recipient of the Lifetime Achievement Award. He expressed our gratitude to the Wangchuck dynasty for the sovereignty and peace we are enjoying. He congratulated the recipients for their long-dedicated service and motivated them to work with more dedication and loyalty in serving the University and the Tsa Wa Sum.

AWARD CEREMONY DURING THE FOUNDATION DAY

Reflecting back the past and marking forward the future, the University solemnized 9th Foundation Day on 28th of February 2024. Laid by the commitments and renewed mandates, celebrated first ever brand conclave promoting promises and potentials we are ready to deliver.

The occasion was graced by the Hon'ble Minister of Education and Skills Development as the Chief Guest and developing partners from MoH, WHO, UNICEF, RUB and constituent faculties.

On the Foundation Day, the University recognized the hard work, dedication and loyalty rendered by the employees of the University by awarding the President's Award and Best Employee of the Year 2023 from the Offices and constituent Faculties. The recipients were presented with a certificate and a small token of appreciation as a symbol and gratitude for their contributions made to the University and the Tsa – Wa – Sum.

President's Award

The newly initiated President's Award, is one of the most prestigious and important awards at the University to reward and recognize the most deserving and exceptional employee of the University for their hard work, dedication and significant contribution to the University and the nation as a whole.



The seed money for the President's fund for this award was generously donated by Dr. Yoriko Nishizawa, Associate Professor from Faculty of Postgraduate Medicine, from the award prize money she received from the Incentive Award at the 17th Nakasone Yasuhiro Award Ceremony Japan. The University thanked Doctor, for the great contribution. This will be an annual event to award an exceptional employee of the University.

Mrs. Yeshi Choden, Sr. Administrative Assistant with Hon'ble Chief Guest, the recipient for the President Award



Mr. Passang Wangdi, procurement Officer with Hon'ble Chief Guest, the recipient of Employee of The Year.

Dr. D. B Subba, the recipient of employee of year from Faculty of Postgraduate Medicine (FoPGM). (Dean FoPGM received the award on behalf of the recipient).



Mr. Tshewang Rinzin, Faculty of Nursing and Public Health, the recipient of the best employee award in teaching category.



Ms. Pema Wangmo, Faculty of Nursing and Public Health the recipient of best employee award under Administration and Management Category

Mr. Dorji Gyeltshen, Faculty of Nursing and Public Health the recipient of best employee award under general support staff category.



Drg. Jamyang Yeshe Dorji, Faculty of Traditional Medicine, the recipient of best employee award under Teaching Category



Mr. Sangay, Faculty of Traditional Medicine, the recipient of best employee award under supporting staff category.

Establishing Commitments for a Better Tomorrow

Memorandum of Understanding (MoU) Between International University of Health and Welfare (IUHW) and Khesar Gyalpo University of Medical Sciences of Bhutan (KGUMSB)



On July 12, 2023, the University signed a Memorandum of Understanding (MoU) with the International University of Health and Welfare (IUHW) to promote collaboration in health-related research, education, and training. The MoU focuses on developing exchange programs for medical faculties, staff, and students, along with joint research initiatives. Under this agreement, IUHW will provide training to Bhutanese medical personnel, facilitate student and resident exchanges, and support joint research and educational opportunities. They will also offer guidance on health education, medical devices, and program development, while hosting and supporting KGUMSB staff and students during their stay in Japan. In turn, KGUMSB will finalize the lists of participants for the exchange programs and ensure local administrative support for successful collaboration.

MoU signed with National Medical Sciences

Strengthening healthcare partnership through quality medical education



On October 27, 2023, Khesar Gyalpo University of Medical Sciences of Bhutan (KGUMSB) and the National Medical Services (NMS) officially signed the Memorandum of Understanding (MoU). The MoU is in a spirit of respect and mutual goodwill and accord each other all reasonable cooperation and assistance as may be expected between the University and NMS committed to the highest standards of health care education and research.

The signing ceremony was presided by the Hon'ble Health Secretary, with esteemed Heads of Departments from Jigme Dorji National Wangchuk Referral Hospital and Executives and Unit Heads from Khesar Gyalpo University of Medical Sciences of Bhutan (KGUMSB) in attendance.

MoU signed with Zhung Dratshang

On 27 June 2024, the Khesar Gyalpo University of Medical Sciences of Bhutan (KGUMSB) and Zhung Dratshang renewed their collaboration by signing a memorandum of understanding (MoU) for another five-year to continue training monks from Zhung Dratshang in Traditional Medicine academic programs under Faculty of Traditional Medicine (FoTM). Currently, 9 monks from Zhung Dratshang are undergoing Bachelors and Diploma courses. The first batch of Diploma trainees are due for the completion of their course in July this year. The parties also expressed joint commitment to strengthen and foster collaboration in expanding the knowledge of Traditional medicine (Sowa Rigpa) in monastic institutions.



MoU signed between Ministry of Health, Royal Government of Bhutan & Ministry of Health of Mongolia

The Memorandum of understanding (Mou) for facilitating cooperation in the field-of Traditional Medicine signed between the Ministry of Health, Royal Government of Bhutan and the Ministry of Health of Mongolia, during the State Visit of His Majesty The King to Mongolia from 8 - 15 July 2024.

The MoU was signed by H.E. Maj. Gen. V. Namgyel, Ambassador of Bhutan to Mongolia on behalf of the Royal Government of Bhutan and H.E. Chinzorig SODNOM, former Minister for the Ministry of Health of Mongolia.

Engagement with International partners

German Parliamentarians visit to Khesar Gyalpo University of Medical Sciences of Bhutan

A seven-member delegation of the German Parliament led by Ms. Renate Elly Künast, Member of the German Federal Parliament met with the high-level management of Khesar Gyalpo University of Medical Sciences of Bhutan on 8th March 2024. The University and German counterparts discussed areas of collaboration on improving healthcare and medical education in Bhutan.



Collaboration with Uppasala University



Growth and development of a child is heavily influenced by family and culture in which they are raised. Family poverty, lack of good nutrition, poor emotional and educational support from parents/primary caregivers represent risk factors for poor cognitive development in early life. This collaborative research involving three continents Europe (Turkey), Africa (Zimbabwe), and Asia (Bhutan) aims to

assess how the psychological development of a child is impacted by co-occurring global phenomenon, urbanization, rural urban transition and poverty. Researchers from FNPB, KGUMSB, joined the researchers at the Uppsala University, Sweden, to receive training on child development assessment involving series of interactive tasks (games) to measure various cognitive capacities in children of 3-4 years.

Visited by faculty and students from ECU, Australia.

As a part of student exchange program, FNPB used to be visited by students and staff from Edith Cowan University in the past few years. However, COVID 19 affected their annual visit to FNPB. This year, we had their first visit following pandemic. As always, the visit saw exchange of cultural and traditional values besides knowledge pollination among the students and staff of the two universities. The discussions also included both short and long term academic and scientific engagements between the two universities.



Institutional Capacity Development Drive with JICA

The 2nd Joint Coordinating Committee (JCC) Meeting for the Project for Institutional Capacity Building for Eliminating *Helicobacter pylori* Related Deaths in Bhutan was held today at the KGUMSB Conference Hall. The JCC reviewed and deliberated on the progress and achievements of the project and discussed the way forward for the third-year project activities.

The project has significantly contributed in enhancing laboratory tests, clinical diagnosis and treatment of *H. pylori* infections in the country. The project funded by JICA-SATREPS was launched in August 2022 and will be completed by August 2027. It is being implemented by the Khesar Gyalpo University of Medical Sciences of Bhutan in collaboration with the relevant stakeholders. The JCC meeting was chaired by the President of the Khesar Gyalpo University of Medical Sciences of Bhutan in his capacity as the JCC chair.



Collaboration with International Child Development Program (ICDP)

The International Child Development Program (ICDP), based in Norway, is collaborating with KGUMSB to implement its child development initiatives in Bhutan. The program aims to enhance caregiver-child relationships by reactivating local cultural practices to promote sustainable and long-lasting child development. The first collaborative meeting was successfully held in early September 2023.



Academic Board Meetings

All academic-related issues and course proposals are addressed during the university's Academic Board Meetings (ABM). These meetings are convened as needed to resolve challenges and discuss academic matters. For the spring semester, the 21st ABM and 22nd ABM was held in February and May 2024, respectively.

21st Academic Board Meeting at Apollo Bhutan Institute of Nursing (ABIN)



22nd Academic Board Meeting at MBBS campus



