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DISHARC ORIENTATION & TRAINING PROGRAMS DERMATOLOGY (DOTPD)



Estd: 2009

**DI SKIN HOSPITAL AND
RESEARCH CENTER PVT. LTD.
(DISHARC)**

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ORIENTATION PROGRAMS, IMMEDIATE PLAN:

1. Orientation Program Dermatology for Undergraduates
(OPD UG DISHARC)
2. Orientation Program Dermatology for Postgraduates
Dermatology and MDGP
(OPD PG DISHARC)

TRAINING PROGRAMS, MID TERM PLAN:

1. Dermatology Nursing Training Course
(D N DISHARC)
2. Dermato-Pathology Paramedics Training Program
(D P PM DISHARC)

TRAINING PROGRAM, LONG TERM PLAN:

1. Post Graduate Course in Dermatology
(PGD DISHARC)



Orientation Program Dermatology for Undergraduates (OPD UG DISHARC)

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**Orientation Program Dermatology for Postgraduates
Dermatology and MDGP (OPD PG DISHARC)
2014**

DI Skin Hospital and Research Centre (DISHARC)
Maharajgunj, Kathmandu, Nepal

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1.

Introduction

The dermatologist & population ratio in Nepal is 1:0.37 million whereas; the prevalence rate of skin & sexually transmitted infections (STI) in the Nepalese community (as well as in other developing countries) is estimated as approximately 20%. The prevalence of skin diseases & STI amongst all the diseases, as published by the health department of Government of Nepal is on the top. This indicates the real need of production of specialties in this subject. Leprosy, though considered to be eliminated in Nepal by WHO in the year 2009, still remains a considerable health problem in the country. Above all, the problem of STI and HIV in Nepal is alarming.

When the medical graduates are trained during Bachelor of Medicine and Bachelor of Surgery (MBBS), they are exposed to the Dermatological disorders only for short period of time. The curriculum of MBBS is focused on the limited Dermatological disorder. A medical graduate who wants to pursue their career in Dermatology find it very difficult to comprehend the subject because of limited exposure to the field during their medical school. The basic aim of this course, introduced by DISHARC for the first time in Nepal, is to facilitate exposure of basic Dermatology to these graduates so that it becomes easier to them when they enter into the field of Dermatology. Besides this , after the end of the training they will be able to handle the patients with Dermatological disorders, face the Medical Council Licensing Exam(Dermatology section) and appear for the Entrance Exam for admission in postgraduate Dermatology courses with confidence. The orientation training curriculum has been devised according to prevalence pattern of Dermatological disorders in Nepal, and covers the most common disorders prevalent in the community.

2. Objectives

At the end of the course, the candidates will be able to:

- Know the basic concept of structures and functions of the skin.
- Diagnose and manage the common skin diseases including Leprosy and STI independently.
- Recognize the dermatologic emergencies and refer to the appropriate center.

3. Admission Criteria

ELIGIBILITY

Any medical interns or graduates who wish to pursue their career in Dermatology, Venereology and Leprology. The criteria set are:

- a. MBBS or Equivalent degree from recognized universities.
- b. Registration in Nepal/Respective country's Medical Council.
- c. Medical Interns of recognized Universities.
- d. Candidates must submit the admission application form provided by DISHARC.
- e. Candidate must appear in the respective interview required before admission is confirmed.

4. Academic/Administrative Rules & Regulations For Candidates

1. Each trainee should appear for pre training test before the training starts.
2. The candidates must come on time and sign an attendance register kept at the training site
3. They must obey the rules and regulations of the institution.
4. They should contact and inform the program coordinator immediately, in case of any problem.
5. Any trainees not following the respective rules and regulations may be abstained from the further training any time during the course.
6. Trainee must appear for the post training test to assess the post training knowledge and skills gained after the training obtained.

5. Duration Of Course And Time Allocation

There will be two Rotational orientation courses. The courses will be of one month and 3 months duration. Each candidate should follow the pattern for rotation in different areas of Dermatology, Venereology and Leprosy as per the schedule. The duration and time of training can be allocated according to convenience of the candidate.

For both courses (one month and three months)

1. Familiarization with :
 - a. History taking
 - b. Clinical examination
 - c. Differential and Provisional Diagnosis
 - d. Investigative skills
 - e. Therapeutic procedures
 - f. Counseling

Note: The concerned faculties of DISHARC will do the teaching/ learning activities on the above subjects. If and when required specialists from inside and outside the country may be invited for the teaching learning activities. (Resource person list)

6. Outcome

At the end of the course, the candidates will be confident enough to:

- Take relevant history and conduct thorough clinical examination related to Dermatology, Leprosy and STI (Sexually Transmitted Infection)
- Recognize and describe various common skin lesions in form of differential and provisional Diagnosis.
- Manage and counsel the patients with common skin diseases defined at the respective level.
- Candidate must appear for the post training test, for assessment and also self evaluation.

7.

Specific Objectives

MAIN CURRICULUM

One month course (total 2 hrs per day)

- a. Theory : total hrs : 30 hrs, 1 hr lecture every day**
1. The function and structure of the skin: **30 mins**
 2. Diagnosis of skin disorders: History taking, examination, investigations: **1 hr**
 3. Disorders of keratinization: Basics of keratinization disorders, Ichthyosis Vulgaris, X linked ichthyosis: **1 hr**
 4. Psoriasis: Etiopathogenesis clinical presentation, Management: **1 hr**
 5. Other papulosquamous disorders: Lichen planus, Pityriasis rosea: **1 hr**
 6. Eczema and dermatitis: Definitions, classification, pathogenesis, clinical presentations common patterns of eczema including ACD and ICD, Investigations and management: **3 hrs**
 7. Reactive erythemas and vasculitis: urticaria: cause classification and management, Leukocytoclastic vasculitis: **1 hr**
 8. Bullous diseases: Pemphigus and Pemphigoid: **1 hr**
 9. Connective tissue disorders: SLE and DLE: **1 hr**
 10. Dermatological emergencies: **30 mins**
 11. Sebaceous gland disorders: Acne , Rosacea: **30 mins**
 12. Regional dermatology: Basics of hair anatomy, hair cycle, alopecia areata, androgenetic alopecia, nail anatomy: psoriatic nails, onychomycosis, paronychias, Oral cavity: aphthous ulcers, candidiasis: **2 hrs**
 13. Infections: Bacterial infections: Impetigo, Fungal infections: Pityriasis versicolor, Dermatophytic infections of skin, nail and hair, Viral infection: exanthematous eruptions, Viral warts, Herpes simplex, Varicella, Herpes zoster: **3 hrs**
 14. Infestations: Scabies, pediculosis: **30 mins**
 15. Skin reactions to light: Classification, Polymorphic light eruptions: **30 mins**
 16. Disorders of pigmentation: Melasma, Vitiligo: Etiopathogenesis, types, management: **1 hr**

17. Skin tumours: melanocytic naevi, seborrhoeic keratosis, melanomas, Basal cell carcinoma, squamous cell carcinomas: **3 hr**
 18. Drug eruptions: Differences between viral exanthema and drug eruptions: **30 mins**
 19. STI : **1 hr**
- b. OPD rotation: 1 hr every day (OPD and OT posting with each consultant)**

**Three months course :
Dermatological disorders**

A. Theory : 41 hrs 30 mins, one hr per day

At the end of the teaching learning activities, the candidates will know about:

1. The function and structure of the skin : **1 hr**
2. Diagnosis of skin disorders : History taking, examination, investigations: **1 hr**
3. Disorders of keratinization: Basics of keratinization disorders, Ichthyosis Vulgaris, X linked ichthyosis: **1 hr**
4. Psoriasis: : Etiopathogenesis clinical presentation, Management: **1 hr**
5. Other papulosquamous disorders: Lichen planus, Pityriasis rosea: **1 hr**
6. Eczema and dermatitis: Definitions, classification, pathogenesis, clinical presentations common patterns of eczema including ACD and ICD, Investigations and management: **3 hrs**
7. Reactive erythemas and vasculitis: urticaria: cause classification and management, Erythema multiforme, Erythema nodosum, Leukocytoclastic vasculitis: **3 hrs**
8. Bullous diseases : Pemphigus and Pemphigoid: **2 hrs**
9. Connective tissue disorders: SLE and DLE, systemic sclerosis: **2 hrs**
10. Disorders of blood vessels : Venous eczema, Vascular naevi: portwine stain, haemangiomas: **2 hrs**

11. Sebaceous gland disorders: Acne, Rosacea : **1 hr**
12. Regional dermatology: Basics of hair anatomy , hair cycle, alopecia areata, androgenetic alopecia, nail anatomy: psoriatic nails, onychomycosis, paronychias, Oral cavity: aphthous ulcers, oral candidiasis: **2 hrs**
13. Infections: Bacterial infections: Impetigo, Fungal infections:Pityriasis versicolor, Dermatophytic infections of skin, nail and hair, Viral infection: exanthematus eruptions, Viral warts, Herpes simplex, Varicella, Herpes zoster: **3 hrs**
14. Infestations: Scabies, pediculosis: **30 mins**
15. Nutritional disorders: phrynoderma, acrodermatitis enteropathica, others: **1 hr**
16. Skin reactions to light: Classification, Polymorphic light eruptions, other photodermatoses: **2 hrs**
17. Disorders of pigmentation: Melasma, Vitiligo: Etiopathogenesis, types, management: **1hr**
18. Skin tumours: melanocytic naevi, seborrheic keratosis, melanomas, Basal cell carcinoma, squamous cell carcinomas: **3 hrs**
19. Drug eruptions: Differences between viral exanthema and drug eruptions, Different types of drug eruptions: **2 hrs**
20. Other genetic disorder: Neurofibromatosis, Tuberous sclerosis: **1 hr**
21. Dermatological emergencies: **1 hr**
22. Dermatosurgery: skin biopsies, lasers in Dermatology, chemical peels: **2 hrs**

B. Practical : OPD and OT posting with each consultant (1 hr per day)

B. Sexually Transmitted Infections”

At the end of the teaching learning activities, the candidate will be able to:

- Define, classify, describe the epidemiology, etiopathogenesis

and clinical features, diagnose and manage, describe the complications and prognosis of various Sexually Transmitted Infections: **3 hrs**

C. Leprosy (2 hrs)

At the end of the teaching learning activities, the candidates will be able to:

- Describe Clinical manifestation of different types of leprosy
- Manage leprosy according to WHO protocol

8. Teaching Learning Methods

Following teaching learning method will be adopted:.

- Lectures: candidates will attend lectures on above mentioned topics:
- OPD posting: Candidates will be posted in OPD on rotational basis to different consultants.
- OT posting: Observation and hands on training.

TEACHING- LEARNING MEDIA

The media used for teaching-learning activities are LCD projector, real patients, video clips, posters, photographs, books and journals.

9. Certificate Awarded

Candidates will be awarded certificates of rotational orientation courses on completion of the defined course.

10. Books Recommended

- a. Rooks textbook of dermatology
- b. Fitzpatrick's dermatology in general medicine
- c. Andrews Diseases of the skin



**ADMISSION
APPLICATION FORM**



I Dr. ----- would like to enroll for Orientation and Training Program of Dermatology for Undergraduates in DI SKIN Hospital And Research Center, Maharajunj, Kathmandu (OPD UG DISHARC) for one month/ three months.

Submitted Documents:

- 1. MBBS Certificate
- 2. Internship Letter
- 3. NMC Registration certificate

Signature

Date:

1.

Introduction

There are 106 registered Dermatologists in Nepal till date. Most of the Dermatologists practice is confined to the conventional practice of Dermatology, Venereology and Leprology. Recently there has been increasing demands of super specialty in Dermatology in Nepal. Most of the academic institutions in Nepal where the future generations of Dermatologists are being trained lack these super specialties. There are no centers in Nepal which provide the super specialty training in Dermatology. Because of this, for the super specialty training, the Dermatologists have to go abroad. In view of demands for the super specialties, The DI Skin Hospital and research centre (DISHARC) has initiated Dermatology orientation training course for the post graduates in Dermatology.

The basic aim of this training course, introduced by DISHARC for the first time in Nepal, is to facilitate exposure to advanced Dermatology course to these post graduates. This course is aimed for the conventional Dermatology training and additional training in the art and science of skin laser surgery and cosmetic dermatology, Dermatologic Surgery, Photo biology, Phototherapy, Contact, Occupational Dermatology, Dermato-pathology, Pediatric Dermatology and counseling in Dermatology.

2. Objectives

Apart from the conventional and Dermatology Outpatient and Inpatient Department rotational exposure, management and counseling training, also include;

1. Dermatologic surgery

Objectives

- a. To have a basic knowledge of dermatologic surgery
- b. To learn the various steps in performing dermatologic surgical procedures
- c. To observe dermatological procedures performed at DISHARC
- d. To perform common surgical procedures under supervision (for those who are eligible)

2. Photobiology and phototherapy

Objectives

- a. To understand basic photobiology.
- b. To learn about photo therapies both theoretical and practical aspects.
- c. To learn about management of photodermatoses.
- d. To learn about setting up and maintenance of a phototherapy devices

3. Contact and occupational dermatology

Objectives

- a. To have a basic knowledge of contact dermatitis
- b. To have a basic knowledge of predictive testing in contact dermatitis
- c. To learn the various steps in performing patch testing, photo patch testing and prick testing
- d. To observe the above procedures performed at the DISHARC
- e. To perform the above procedures under supervision
- f. To interpret the results of the above procedures under supervision

4. **Sexually Transmitted Infection (STI)**
5. **Leprosy**
6. **Dermatopathology**
7. **Community Dermatology**
8. **Pediatric Dermatology**
9. **Counseling in Dermatology**

3. Admission Criteria

ELIGIBILITY

1. A recognized basic degree in medicine or Specialist degree in dermatology, MD General Practice and PG plastic surgery.
2. Registration in Nepal/ Respective country's Medical Council

4. Academic/Administrative Rules/ Regulations For Candidates

1. The candidates must appear the pre and post training test for self assessment and evaluation.
2. The candidate must obey the rules and regulations of the institution.
3. Candidate should contact and inform the program coordinator immediately, in case of any problem.

5. Duration of training Course and Time Allocation

There will be two Rotational orientation courses. The courses will be of one month and 3 months duration. Each candidate should follow the pattern for rotation in different specialties of Dermatology. The one month and three months training courses are divided in hours so that the candidate may complete the training course based on hours as per the convenience of the candidate and space available in DISHARC Training Program.

6. Outcome

At the end of the course, the candidates should be able to:

- Perform different Dermatological procedures
- Deliver phototherapy to treat Dermatological diseases
- Identify, perform and interpret different tests to identify contact allergens

7. Specific Objectives

Main curriculum

One month course

Rotational exposure in Dermatology, STI, Leprosy, Dermatopathology, pediatric Dermatology and Dermato surgery.

Dermato surgeries

1. Anaesthesia, topical, regional
2. Chemical peels
3. Complication of cutaneous surgery
4. Cryotherapy

5. Electrosurgery
6. Hair transplant
7. Lasers surgery covering principles and physics of laser surgery, pigment laser Surgery, vascular laser surgery and Nd-YAG laser surgery including Intense Pulse Light Therapy (IPL)
8. Nail surgery
9. Preoperative patient evaluation and preparation for cutaneous surgery
10. Preoperative planning and execution of surgical excisions
11. Simple biopsy techniques
 - a. Punch
 - b. Shave
 - c. Scissors
 - d. Incisional
 - e. Excisional
12. Management of dysplastic and congenital naevi
13. Management of cutaneous malignancies:
 - i. Non-melanoma skin cancers
 - ii. Melanoma
14. Surgical anatomy
15. Vitiligo skin surgeries including tattooing
16. Wound care and surgical dressing
17. Wound closure
 - a. Simple suturing technique and knot tying
 - b. Advance suturing techniques (simple and intra dermal running, mattress etc)
 - c. Layered closure
 - d. Skin grafts
 - e. Random-pattern flaps
 - f. Wound closure materials

Preceptorship in surgical procedures

1. Chemical peels- AHA, Jessner's peels, TCA combination
2. Closure with flaps
3. Cryotherapy
4. Electroepilation
5. Electrosurgery of common skin lesions
6. Hair transplantation
7. Laser ablation of viral warts, syringomas and epidermal growths
8. Laser skin resurfacing of wrinkles and scars
9. Nail Surgery
10. Pigment lasers surgery for lentiginos, freckles, CALM, naevus of Ota, tattoos
13. Simple excision- punches, elliptical
14. Skin grafts for vitiligo
15. Punch surgeries
16. Wound Dressings.

Three months course

Rotational exposure in Dermatology, STI, Leprosy, Dermatopathology, pediatric Dermatology and Dermato surgery.

A. Dermatosurgery and Cosmetic Dermatology

Tutorials

1. Anaesthesia, topical, regional
2. Chemical peels
3. Complication of cutaneous surgery
4. Cryo therapy
5. Electro surgery
6. Hair transplant
7. Lasers surgery covering principles and physics of laser surgery, pigment laser surgery, vascular laser surgery and Nd-YAG laser surgery

8. Nail surgery
9. Preoperative patient evaluation and preparation for cutaneous surgery
10. Preoperative planning and execution of surgical excisions
11. Simple biopsy techniques
 - a. Punch
 - b. Shave
 - c. Scissors
 - d. Incisional
 - e. Excisional
12. Management of dysplastic and congenital naevi
13. Management of cutaneous malignancies:
 - i. Non-melanoma skin cancers
 - ii. Melanoma
14. Surgical anatomy
15. Vitiligo skin graft
16. Wound care and surgical dressing
17. Wound closure
 - a. Simple suturing technique and knot tying
 - b. Advances suturing techniques (simple and intradermal running, mattress etc)
 - c. Layered closure
 - d. Skin grafts
 - e. Random-pattern flaps
 - f. Wound closure materials

Preceptorship in surgical procedures

1. Chemical peels- AHA, Jessner's peels, TCA combination
2. Closure with flaps
3. Cryotherapy
4. Electroepilation
5. Electrosurgery of common skin lesions
6. Hair transplantation
7. Laser ablation of viral warts, syringomas and epidermal growths

8. Laser skin resurfacing of wrinkles and scars
9. Nail Surgery
10. Pigment lasers surgery for lentigines, freckles, CALM, naevus of Ota, tattoos
13. Simple excision- punches, elliptical
14. Skin grafts for vitiligo
15. Wound dressing

B. Phototherapy

Tutorials

1. Adjunctive medications in phototherapies
2. Approach to photosensitive disorders, what to do and how to treat the various photosensitive problems
3. Basic photobiology
4. Light sources in phototherapies
5. Phototherapies : how to deliver and what to watch out for Various modes of phototherapies will be discussed e, g: broadband UVB and narrowband UVB, systemic PUVA ,topical PUVA, Treatment for various dermatoses, e g: psoriasis, atopic dermatitis, and vitiligo
6. Phototesting and dosimetry in phototherapies
7. Safety of phototherapies

Clinical attachment

Participants will be able to observe how the phototherapy clinic is being run. In addition, participant will be getting practical exposure in delivering phototherapy .

Phototherapy unit attachment

Participants will be given the opportunities to have hands-on experience on the daily running of the Phototherapy Unit. This will include:

1. Counselling and educating patients undergoing

phototherapies

2. Observing and hands-on experience on actual usage of the phototherapy units and delivering of topical and systemic PUVA
3. Observing and hands-on experience on phototesting and dosimetry
4. Observing and hands-on experience on photopatch testing
5. Observing & participating in counseling of patients.
6. Scalp treatment and topical treatment at the day care centre

C. Occupational and Contact Dermatology

Tutorials

1. Allergic contact dermatitis: clinical spectra and patch testing
2. Approach to Occupational dermatoses
3. Contact urticaria and protein contact dermatitis: clinical aspect
4. Irritant contact dermatitis: concept and clinical aspect
5. Patch testing and adverse drug eruption
6. Tests on Dermatoses due to Plants and foods
7. Predictive testing
8. Photoallergic contact dermatitis: photoallergen and photopatch test
9. Regional contact dermatitis
10. Resins, plastics and glues
11. Rubber and metal allergy
12. Skin-care products cosmetics and topical medication

Observation performance and interpretation of procedures used in the practice of contact dermatitis (Patch testing, Prick testing, photopatch testing).

8.

Teaching Learning Methods

Following teaching learning method will be adopted:.

- a. Tutorials on the theoretical aspects of the subspecialty
- b. Exposure to the sub specialty clinics
- c. Exposure to practical procedures of the subspecialty

9.

Teaching Learning Media

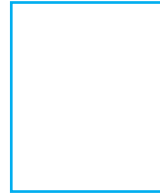
The media used for teaching-learning activities are LCD projector, real patients, video clips, posters, photographs, books and journals.

10.

Certificate Awarded

Candidates will be awarded certificates of rotational orientation courses on completion of the defined course.

**ADMISSION
APPLICATION FORM**



I Dr. ----- would like to enroll for Orientation and Training Program of Dermatology for postgraduates in DI SKIN Hospital And Research Center, Maharajgunj, Kathmandu (OPD PG DISHARC) for one month/ three months.

Submitted Documents:

1. MBBS Certificate
2. PG Dermatology or MD GP Certificate
3. NMC Registration certificate

Signature

Date:



NOTE

