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Developing clinical skills in Stereotactic Radiotherapy for clinical implication in Nepal

**Background:** Stereotactic radiotherapy has established benefit in many benign conditions and early malignant disease. Besides that, with changing concepts of oligometastasis, recurrent and relapsed disease, integration of local radiotherapy in form of stereotactic radiotherapy in oligometastasis and for re-irradiation in both intra-cranial and extra-cranial sites, is considered a potentially curable modality of treatment. However, In Nepal, we have not been able to start the same as it requires knowledge, skills and trained manpower in addition to the resources. Hence most of the patients are deprived of this option of treatment and a small group of patient who can afford, opt for Stereotactic radiotherapy outside the country.

**Aim:** To develop clinical skills and experiences in order to set up a program for Stereotactic Ablative Body Radiotherapy (SABR) and Stereotactic Radiosurgery (SRS) in Nepal.

**Methods:** This project allows training opportunity in reputed centre in Netherland ,VUMC, under experienced supervisors who are experts in their field. With practical exposure from mould room, contour sessions, sessions with clinician, multiple detailed sessions with physicists and technologists, this project will help transfer the skills and expertise regarding proper immobilisation techniques, 4DCT and Real-time position management , Image guided Radiotherapy, Target delineations for different cases and sub-sites, planning methods and to acquire knowledge and necessary skills in plan evaluation related to Stereotactic radiotherapy. With well specified clinical exposure , it will help me develop clinical skills and knowledge regarding patient counselling, patient assessment during and after stereotactic radiotherapy and during follow-up and learn about investigation modalities of choice and timings for response assessment and follow-up imaging.

**Result:** With this carefully designed course schedule, this project ensures good clinical exposure and development of clinical skills in every minute steps right from selecting patients to treatment planning and execution of stereotactic radiotherapy treatment till patient follow-up. It provides comprehensive clinical exposure to prepare for independant decision making and clinical judgement in future.

**Conclusion:** This intense stereotactic radiotherapy dedicated course with the experts in

an experienced centre focuses in development of practical skills and expertise and prepares to be able to set up a program for the same upon returning back to Nepal ensuring its practical implication , so that patients in Nepal gain access to this potentially curable form of treatment in their own country in an affordable price that they can afford.