

Antibiotic Treatment of Typhoid in Nepal

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Introduction

- OUCRU conducts clinical trials within Nepal to improve medical and health care
- Current research is focused on the treatment of Typhoid fever and how to maximize the benefits of antibiotics

Objective of Internship

To gain an insight into how clinical trials are proposed and then carried out and how they improve healthcare.

Work profile

- To investigate the effectiveness of current antibiotic treatments in curing Typhoid
- I helped creating documents for uniform procedures in carrying out trials
- I observed how the doctors enrol and prescribe treatments regarding the trial

Reflection

- Using trial protocols, I wrote documents detailing how to create uniform procedures throughout the trial
- I learnt how clinical trials are proposed, approved, and then conducted within community medical centers



Clinical Research Nepal Conference. Left to right: Alyssa Woolley, Maximilian Nguyen, Dr. Abhilasha Karkey. Photo credit: OUCRU photography department



OUCRU Interns and doctor outside the Civil Service Hospital of Nepal. Left to right: Maximilian Nguyen, Dr. Saheb Chaudhary, Alyssa Woolley. Photo credit Dr. Sapna Sunar

- Through examining patient lab results, I learnt about the widespread nature of antibiotic resistance and the challenges this creates in treating common diseases in Nepal
- I gained an insight into the medical community and how treatment is conducted in developing countries
- Colleagues introduced me to Nepali food and culture and allowed me to broaden my cultural awareness

Looking ahead

- Shadowing doctors in hospitals in Kathmandu has inspired me to pursue a career in medicine and medical research in the future to better healthcare treatments

Questions

- How can we fight the rising global issue of antibiotic resistance, particularly in developing countries?

Conclusion

- Clinical trials in Nepal are essential for the improvement of healthcare and the benefit of society

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