



YETI HEALTH SCIENCE ACADEMY

(Affiliated to Purbanchal University)

Institutional Review Committee (IRC)

Kantimarga, Maharajgunj, Kathmandu, Nepal



Ref no: 079/080/31

Date: 16 September 2022

To,
Principal Investigator
Ms. Rajesh Karki
Yeti Health Science Academy,
Maharajgunj, Kathmandu

Ref: Approval of research proposal

Dear Sir/Madam,

YHSA-IRC has reviewed your research Proposal entitled: -"Sleep quality, Stress and its Association with Quality of Life among Nurses of Tertiary Care Private Hospitals of Kathmandu Metropolitan: A Cross-Sectional Analytical Study"

As per the NHRC Ethical Guidelines and SOP of YHSA-IRC, this proposal falls under the preview of (Full Committee Review).

Proposal ID No: 2079/080-150

Decision: APPROVED (FULL COMMITTEE REVIEW)

Recommended for period of 1 year (One year).

Suggestions:

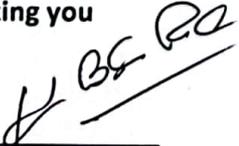
1. Strict compliance to the study proposal.
2. Resubmission of the proposal in case of deviation from the protocol within 7 days, if any.

Please Note:

- Inform YHSA-IRC immediately in case of any "Adverse events & serious adverse events."
- Inform YHSA-IRC immediately in case of any changes in study procedure, site and investigator.
- This permission is only for period mentioned above.
- Members of IRC have right to monitor the study with prior intimation.
- Prior permission of YHSA-IRC is required before publishing this research.
- Comply with relevant IRC guidelines.
- Abide by ethical conduct of the research.

If you have any questions, please contact the Institutional Review Committee at YHSA.

Thanking you


Mr. Hari Bahadur Rana
Chairperson



NNH
NEPAL NATIONAL HOSPITAL

where the patient comes first

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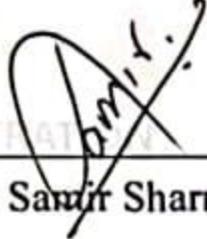
Date: 2022 06-05

Ref No: 195/2078/79

To WHOM IT MAY CONCERN

With reference to the request letter with Ref. No: 555/078/079, dated on: 2022 -05- 31 of Mr. Birat Raj Kafle, a student of B.P.H. eight semesters of National Open College (NOC), Sanepa, Lalitpur, Nepal, the hospital administration is approving and letting him conduct a study of his thesis aligning with the rules of this hospital.

DEPARTMENT OF ADMINISTRATION


Mr. Samir Sharma
Hospital Manager

२०७८/०७९/१८७



8 June 2022

To Whom It May Concern.

SIH

Ref : Approval for Data Collection .

This is to certify that the Management committee of Suvekchya International Hospital, Nagarjun-04, Kathmandu has approved following research to be conducted by **Mr Birat Raj Kafle** student of National Open College (Pokhara University) the faculty of Health Sciences (Bachelor in Public Health).

Research Title: "Sleep quality, Stress and its Association with Quality of Life among Nurses of Tertiary Care Hospital : An Analytical Cross-Sectional Study."


Dr Hom Prasad Adhikari
Chief Executive Officer



GREEN CITY
HOSPITAL
ग्रीन सिटी हस्पिटल



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4952248 (Direct line), 4957452
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Web: www.gch.com.np

7th June 2022

To whom it may concern

Subject: Approval for the Research Project.

This is to inform you that the Administration Board of the Green City Hospital has approved the following Research to be conducted by **Mr. Birat Raj Kafle**, student of Bachelor of Public Health (BPH) at National Open College, at our Hospital.

Research Title: "Sleep- quality, stress & its association with quality of life among nurses of tertiary care hospital of Kathmandu district,: An analytical cross-sectional study "

Manish Dabadi

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Manish Dabadi
Senior Hospital Manager
SENIOR HOSPITAL MANAGER
Green City Hospital