

Celebrating the Women of MTW

Miss Rasana Bajracharya – determination and drive from Nepal to the UK

Born in Nepal, Rasana's Father was an English Professor and her Mother a housewife. With two older brothers, one younger brother and two older sisters, their Dad was really keen that all his children were able to stand on their own two feet, especially the girls. Rasana's Dad encouraged her to pursue a career in medicine whilst her sisters became teachers.



Rasana paved the way for her female cousins by becoming the first medical doctor and the only female doctor in her very large extended family. Being the first to leave Nepal to attend medical school she was also the first to travel to the UK for MRCOG.

After qualifying from Dhaka, Bangladesh, Rasana worked in the only government Maternity hospital in Kathmandu, one of the busiest hospitals in Nepal where daily delivery ranges between 55-60 in number. She completed part I MRCOG from Kathmandu and also a Diploma in Obs and Gynae from Tribhuvan University Teaching Hospital Nepal and received Gold Medal for securing the highest mark.

She came to the UK, leaving her 4 and a half year old son and husband behind in order to complete her Part II MRCOG which she did within 18 months as a SHO. Living in Plymouth initially, Rasana says it took her 6 months to understand the Plymouth accent. As she is only familiar with the BBC English, clear and

with out any accent (when she arrived she assumed that everyone would speak like they do on the BBC!) During that time she was on her own and missed her family terribly so was pleased when her husband and son joined her shortly afterwards. After having her daughter she got a two year fixed term training contract in Norwich. Which she recalls as one of the most difficult times in her career. With two small children and full time job, she felt she could neither become a good mother or a good doctor so she decided that her training needed to be done at her own pace which meant that she needed to move away from a training post to a non

- First female Doctor in the family
- Specialty Doctor and SAS Tutor
- Consultant
- Role model and mentor for SAS doctors

training post. She applied for non training post in Pembury hospital in 2005, which she recalls as a big decision in her life to move away from training post to non training post in Obs and Gynae.

Rasana then moved with her family to Tunbridge Wells to become a Specialty Doctor which she says is the best decision she ever made. She felt very well supported within the department and she could orchestrate her training at her own pace.

Encouraged by her Consultant mentors Sarah Flint and Maggie Matthews, Rasana completed her CSER in 2012. This was not an easy path and it took 2 years to prepare for CESR. In 2014 she was appointed as SAS Tutor competitively for the MTW trust and in 2015 she took a locum Consultant role. She recalls Sarah Flint telling her, when she was a registrar, "if you ask anything to Rasana to do she knows that Rasana will do it" And also recalls Maggie Matthews telling her to look at her achievements as she was trying to be indispensable for the department. These things encouraged her to do more for the department.

And after three years as a locum consultant, Rasana secured a substantive Consultant post in 2017.

During her career, Rasana's husband has been very positive and supportive. She says without his support she could never be what she is today and he does a great job looking after their children when she is doing

long hours. She is very clear that outside of work she wants to be a good wife and a good Mother so doesn't hanker after a private practice. As Buddhists, Rasana and her family are involved in the London Nepalese Buddhist Society which she says has kept her sane and given her the ability to cope.

Having moved from a Specialty Doctor into a Consultant role, Rasana is a role model for **all the SAS doctors in the Trust**. In her department she currently mentors 3 SAS doctors. Her advice to women in the Trust is the need to "have vision, work your way through at your pace in a non aggressive manner, prove you are capable and you will be able to move on". Having never felt the need to be stressed or aggressive to get to where she is, Rasana feels it is a blessing to be an obstetrician and nothing compares to the elation she feels when a patient thanks her.

Rasana is very proud of coming from a small country and achieving so much as a female. And when her family are feeling discouraged – Aunty Rasana is on hand to show where determination can get them!