

KIRAN PAUDEL

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SUMMARY OF QUALIFICATIONS

Outcome-oriented, diligent public health professional with an ability to work independently or in a team having research experiences in community health program, mental health, covid-19, and non-communicable disease with hand on skills on:

- Scientific research and publication, proposal development and report writing.
- Large database and registries-based research, tool development, data extraction, management and analysis using KoBo Toolbox, Epi Info, Epi data, SPSS and STATA.

EDUCATION

Bachelor's Degree in Public Health, July 2021

Institute of Medicine, Tribhuvan University, Kathmandu, Nepal

Relevant Courses: Research Methodology, Epidemiology, Basic Science, Biostatistics, Health Promotion, Environmental Health, Health Economics, Public Health and Primary Health Care, Public Health Administration

RESEARCH EXPERIENCES

Research Assistant, May 2022– Present

London School of Hygiene and Tropical Medicine, University of London, Brisbane, United Kingdom

- Assisted in research tools development and interview for a Ph.D. research project study entitled on “Anthropogenic and ecological divers of zoonosis spillover from rodents’ bats and dogs in Nepal.”
- Managed, translated, and analyzed it for draft report to principal investigator.

Research Associate, July 2021 – April 2022

Nepal Public Health Foundation, Kathmandu, Nepal

- Assisted on data analysis and manuscript writing on the research project titled “Association of pesticide exposure and pregnancy outcome from a tertiary care hospital in Chitwan district, Nepal. Also helped in “Research into Policy to pesticide exposure impact on health, a 5-year project Farming Health and Environment Nepal Project (FHEN) funded by the Civil Society in Development (CISU), Denmark.”
- Provided training to the staff on “SPSS and STATA”

Research Consultant, Jun 2021 – Aug 2021

One Heart World Wide, Kathmandu, Nepal

- Analyzed data and developed findings report
- Conducted interview, cleaning, recoding and data management of Maternal and Newborn Health (MNH) emergencies help line project in 14 districts of Nepal to assist rural MNH services providers on clinical decision support system during the COVID-19.

Research Assistant, Dec 2018– Feb 2019

School of Public Health, University of Queensland, Brisbane, Australia

- Assisted in interview management for a Ph.D. research project study entitled on “Towards equity of maternal and newborn health services in Nepal.”
- Translated and transcribed the in depth interviews taken by the principal investigator.

Research Assistant, Dec 2017 – Jan 2018

One Heart World Wide, Kathmandu, Nepal

- Entering all data of maternal and neonatal death in excel provided by Monitoring and Evaluation team by verifying information/data and given code.
- Prepared the draft report after analysis of entered data

PROFESSIONAL EXPERIENCE

Founder, Aug 2021-Present

Nepal Health Frontiers, Kathmandu, Nepal

- Designing and conducting research training and workshops
- Instructed Bachelor level Public Health students on applied biostatistics and helped them solve problems of biostatistics (simple statistical analysis, regressions and modelling) using SPSS, STATA Software

Co-founder, Jan 2021-Present

NCD Watch Nepal, Kathmandu, Nepal

- Making evidences pool of NCDs researches of Nepal, preparing and disseminating monthly research round up on NCDs

Assistant Editor, Nov 2020 – Present

Health Prospect, Kathmandu Nepal

- Support journal office to carry out peer-reviewing of manuscripts for handling student's section, editing of manuscripts for grammar and clarity, preparing the layout and production of paper.

Monitoring and Evaluation Officer, Jan 2020 – Aug 2020

Nepal Development Society, Pokhara, Kaski, Nepal

- Data management of COVID-19 project, May Measurement and tools development of MUTU projects.

Public Health Intern, Sep 2020 – Feb 2021

Ministry of Health and Population Ramshahpath, Kathmandu, Nepal

- Worked as Public Health Officer directly under supervision of advisor of health minister in policies formulations of Center for Disease Control Center, Niropi Nepal, and management of COVID-19.

PUBLICATIONS

- **Paudel, K.**, Bhandari, P., & Joshi, Y. P. (2020). Situation analysis of novel Coronavirus (2019-nCoV) cases in Nepal. *Applied Science and Technology Annals*, 1(1), 9–14. <https://doi.org/10.3126/asta.v1i1.30267> .
- **Paudel K**, Adhikari TB, Khanal P, Bhatta R, Paudel R, Bhusal S, et al. (2022) Sleep quality and its correlates among undergraduate medical students in Nepal: A cross-sectional study. *PLOS Glob Public Health* 2(2): e0000012. <https://doi.org/10.1371/journal.pgph.0000012>
- Giri LM, **Paudel K**, Bhusal S, Adhikari TB, Gulis G (2022) **Perceived stress**, stigma, and social support among Nepali health care workers during COVID-19 pandemic: A cross-sectional web-based survey. *PLOS Glob Public Health* 2(5): e0000458. <https://doi.org/10.1371/journal.pgph.0000458>
- Khanal, P., Devkota, N., Dahal, M. **Paudel K et al.** Mental health impacts among health workers during COVID-19 in a low resource setting: a cross-sectional survey from Nepal. *Global Health* 16, 89 (2020). <https://doi.org/10.1186/s12992-020-00621-z>
- Khanal P, **Paudel K**, Devkota N, Dahal M, Mishra SR, Joshi D (2021) Corona virus fear among health workers during the early phase of pandemic response in Nepal: A web-based cross-sectional study. *PLOS Glob Public Health* 1(12): e0000083. <https://doi.org/10.1371/journal.pgph.0000083>
- Mehata N, Shah S, **Paudel K**, Chamlagain R, et al. (2022) Safety and Efficacy of Corona Virus Disease-19 Vaccines in Chronic Kidney Disease Patients Under Maintenance Hemodialysis: A Systematic Review. <https://doi.org/10.1002/hsr2.700>

- Bhusal S, Paudel R, Gaihre M, **Paudel K**, Adhikari TB, Pradhan PMS (2021) Health literacy and associated factors among undergraduates: A university-based cross-sectional study in Nepal. *PLOS Glob Public Health* 1(11): e0000016. <https://doi.org/10.1371/journal.pgph.0000016>
- Acharya P, Koirala S, Soti PB, Sharma S, Sapkota A, Kafle S, **Paudel K**, et al. (2021) Hypertension, awareness, treatment, and control in Nepal: Results from May Measurement Month 2020 blood pressure screening. *American Heart Association* 2021;78:AP125 https://doi.org/10.1161/hyp.78.suppl_1.P125
- Bhatta D K, Budhathoki K, **Paudel K**, Paudel S, Marhatta SB, et al. (2022) The burden of depressive and anxiety disorders in Nepal, 1990-2017; an analysis of global burden of disease data. *Journal of Karnali Academy of Health Sciences* 5(13): <https://jkahs.org.np/jkahs/index.php/jkahs/article/view/670>
- **Paudel K**, Adhikari TB, Basel P (2021) Magnitude of sleep quality and factors associated among undergraduate medical students in Nepal; cross sectional study. *Respirology*; 26:S3;p407;<https://doi.org/10.1111/resp.14150> 810
- Zheng, Q., Jones, F.K., Leavitt, S.V. *et al.* HIT-COVID, a global database tracking public health interventions to COVID-19. *Sci Data* 7, 286 (2020). <https://doi.org/10.1038/s41597-020-00610-2>
- Kamal Ranabhat, Anil Bhattarai, Bhuvan Saud, **Paudel K**, et al. Knowledge, attitude, and practice regarding COVID-19 infection among chronic disease patients visiting tertiary hospitals of Nepal: a cross-sectional study, 09 May 2022, <https://doi.org/10.21203/rs.3.rs-1615003/v1> (*Under review: BMC*)
- Adhikari TB, **Paudel K**, Paudel R, Bhusal S, et al. The burden of chronic respiratory diseases in Nepal, 1990-2019: an analysis of the global burden of diseases study. (*Under Review: Health Science Reports*)
- Ghimire U, Yasmin S, Timalsena BK, Chand S, Thapa S, **Paudel K**, Shah S, et al. Cardiovascular disease risk factors distribution and clustering across different geographic levels in Nepal. (*Under Review: Journal of American Biology*)
- Rijal D, **Paudel K**, Adhikari TB, et al. **Stress and coping** strategies among higher secondary and undergraduate students during COVID-19 pandemic in Nepal. (*Under Review: PLOS Global Public Health*)
- Kalauni BR, Joshi Y, **Paudel K**, et al. **Stress**, anxiety and depression among the undergraduate health sciences students during COVID-19 pandemic in Nepal (*Under Review: PLOS Global Public Health*)

TRAINING AND COURSES

- **MOOC on implementation research with focus on infectious disease poverty**
By University of Pennsylvania Center for Global Health and WHO TDR |July-Sep, 2020|
- **Training workshop on “Systematic Review and Meta-Analysis”**
By Nepal Health Research Council |13-18 June 2021|
- **Health financing for universal health coverage**
By World Health Organization
- **Training workshop on “Scientific Writing”**
By Nepal Health Research Council |19-21 May 2021|

AWARDS AND GRANTS

- Undergraduate Health Research Grantee by Nepal Health Research Council, Government of Nepal (2021)
- Provincial Research Grant Awardee (Co-PI) from NHRC in 2020 entitled on “Prevalence of Cardiovascular risk factors among the adult population and health facility assessment in a rural municipality of Province-5 Nepal”.
- Awardee of Kathmandu Mayor Research Grant (Co-PI) for research entitled “Prevalence of Cardiovascular risk factors, mental health impact, and internet addiction among higher secondary school going students in Kathmandu. “
- Provincial Research Grant Awardee (Co-PI) from NHRC in 2021 entitled on “Knowledge, attitude, and practice regarding COVID-19 infection among chronic disease patients visiting tertiary hospitals of Nepal”.
- Received grant from Healthy Lungs for Life Grant, European Lung Foundation to mark World Lung Day, 2020, 2021.
- Co-PI of Best Research Award 2021, Fifth National Summit of Health and Population Scientists in Nepal, Nepal Health Research Council
- Tribhuvan University Merit Based Scholarship Rank 1 (2016).