

**Bishnu P Choulagai, MPH, PhD**  
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**Central Department of Public Health**  
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<b>Nationality</b>	Nepali
<b>Professional License</b>	Licensed Public Health Professional (MPH), NHPC Regd. # A-66 Jan PH
<b>Language</b>	Fluent in English and Hindi. Native Nepali speaker
<b>Education</b>	<p><b>Institute of Medicine, University of Gothenburg, Gothenburg, Sweden</b> Doctor of Philosophy (<b>PhD</b>), June 2017. Area of study: public health. <b>Design:</b> Cluster-randomized controlled trial involving a mixed methods research design. <b>Funding:</b> <b>World Health Organization, Geneva</b> (research project) and <b>University of Gothenburg, Sweden</b> (PhD Scholarship). <i>Supervisor: Prof. Alexandra Krettek. Co-supervisor: Prof. Max Petzold</i> <i>Co-Supervisor (local supervisor): Prof. Sharad Onta</i></p> <p><b>School of Medicine, University of Tampere, Tampere, Finland</b> Finnish Course on Global Health, Tampere, Finland. <b>Credits: 8 ECTS</b>, June 2011</p> <p><b>Institute of Medicine, Tribhuvan University, Kathmandu, Nepal</b> Master of Public Health (<b>MPH</b>), May 2005 Bachelor of Public Health (<b>BPH</b>), Dec 2001</p> <p><b>Nordic School of Public Health, Sweden</b> Effective Scientific Writing and Presenting <b>Credits: 3 ECTS</b>, February 2012 Comprehensive public health, research ethics and research design <b>Credits: 5 ECTS</b>, May 2011 Research course on “Obtaining information from Health and Demographic Surveillance Sites (HDSS), ideas and analysis” <b>Credits: 4 ECTS</b>, February 2009</p>
<b>National Award</b>	<b>Nepal Vidya Bhusan ‘Ka’</b> (The highest academic achievement award by the Nepal Government) awarded by the <b>Right Honorable President of Nepal</b>
<b>International Award</b>	<b>Britain-Nepal Academic Council</b> PhD-Dissertation award - PhD thesis awarded the second place for the year 2019. Scholarships received for presenting original research papers in international conferences.
<b>Editorial engagement</b>	Academic Editor, Medicine®, Wolters Kluwer Publishers. Editor, Journal of Health and Allied Sciences, Pokhara University. Peer reviewer of manuscripts in various health science journals.

## Job Experience

**June 2022**                    **External expert, Licensing Examinations** for the Third Licensing Exams conducted by the **Nepal Health Professional Council**

**Sep 2007 – present**        **Faculty member** at the Central Department of Public Health (previously Dept. of Com. Med. and Public Health), Institute of Medicine, Tribhuvan University.

**Positions held: Associate Professor (July 2016), Lecturer (May 2009), Teaching Assistant (Sep 2007)**

### Responsibilities (2007 to till date):

- Teaching epidemiology, public health and primary health care, advanced public health and International Health to Bachelor of Medicine and Bachelor of Surgery (MBBS), Bachelor of Public Health (BPH) and Master of Public Health (MPH, MHPE, MPHN) students
- Supervising theses and practicum works of MPH and BPH students. Co-supervising a PhD student.
- Supervising students in concurrent and residential fields at community and institutional settings
- Assessing students' performance in classroom and community settings
- Serving graduate and post-graduate examinations as an external examiner
- Academic monitoring and inspection of colleges offering public health and medical programs in Nepal
- Participating in the making of the curricula and guidelines for bachelor and master's programs in public health
- Serving as a member of the Thesis Committee and departmental research committee of the Department

**Jul 2019 – Jul 2021**        **Member, Institutional Review Committee (ethics committee)**, Institute of Medicine, Tribhuvan University, Kathmandu.

**Jan 2019 – Jan 2021**        **Member, Public Health Subject Committee**, Patan Academy of Health Sciences, Lalitpur

**Oct 2020 – present**        **Member, Subject Committee – public health, community medicine and health professions education**, Institute of Medicine

### Additional academic engagements and responsibilities:

**Sep – Oct 2018**            **Visiting Faculty** (*under Erasmus+ Funding for collaboration*), Tampere University, School of Health Sciences, Tampere, Finland. Taught the MPAH (Master of Public and Global Health) students and co-facilitated the doctoral (PhD) seminars. Held some meeting with the department heads of epidemiology and public health programs.

**Sep – Oct 2017**            **Visiting Associate Professor**, College of Medical Sciences, China Three Gorges University, Yichang, Hubei, PR China (2017).

**Coordinator, MPH Program** (2017 - 2019) at the Institute of Medicine, Kathmandu

**Coordinator, Academic Committee**, Global Health Unit, IoM (2016)

Engagement in Health Program/Project Evaluation studies upon request by government agencies.

**Sep 2020 – Feb 2021** **Public Health Expert, Nepal Urban Resilience Project**, funded by the **British Embassy, Kathmandu** and implemented by ICF International in Nepal. *Major responsibilities:* Conducting **Organization and Management Survey and developing Capacity Development plan** for the health facilities run under Pokhara Metropolitan City, Butwal sub-Metropolitan City and Janakpur sub-Metropolitan City.

**Sep 2005 – Sep 2007** **Research Coordinator, Kathmandu Abortion Morbidity Hospital Study** jointly conducted in Nepal by **University of California, San Francisco, USA, TU Teaching Hospital and Paropkar Maternity and Women’s Hospital, Kathmandu.**

**May 2003 – May 2004** **Health Support Officer (HSO), Britain Nepal Medical Trust District Office Taplejung / Sankhuwasabha**

BNMT implemented **Health Improvement Programme (HIP)** in 16 Districts of the Eastern Region of Nepal through partnership and participation approach. The HIP included four health components: TB control Program, Essential Drugs Program, Safe Motherhood Program and Infectious Diseases Control Program.

**Jul 2002 - Apr 2003** **Health Program Officer, Nepal National Social Welfare Association (NNSWA), Kanchanpur, Nepal**

NNSWA and **Save the Children US** implemented health programs in long-term partnership basis.

**Publications in scientific journals**

- Shrestha MV, Choulagai BP, Vaidya A, Khanal S, Adhikari SR, Pradhan B. **Effects of poor water, sanitation, and hygiene on child health in Godawari Municipality, Lalitpur, Nepal, with special reference to diarrheal disease and nutritional status: a cohort study.** *Journal of Public Health and Development.* 2022, **20**(3): 163-74.
- Shrestha MV, Choulagai BP, Joshi TP, Adhikari SR, Pradhan B: **Factors associated with Diarrheal disease among under five children in Godawari Municipality of Nepal: A cross-sectional study.** *Journal of Health and Social Sciences.* 2021, **6**(2): 269-80.
- Bhusal S, Choulagai BP, Niraula R, Pachya AT: **Factors Associated with Driving Behavior and Road Traffic Accidents among Public Vehicle Drivers in Kathmandu Valley: A Cross-sectional Study.** *Journal of Health and Allied Sciences.* 2021, **11**(2): 63-69.
- Choulagai BP and Paneru DP: **Coronavirus Disease 2019 (COVID-19) Pandemic in Nepal – Current Scenario, Challenges and Way Forward** [Editorial]. *Journal of Health and Allied Sciences.* 2020, **10**(2): I-II.
- Choulagai BP: **Community-based education in the Institute of Medicine, Tribhuvan University, Nepal: a qualitative assessment.** *Advances in Medical Education and Practice.* 2019, **10**: 469–478.
- Pachya AT,..., Choulagai BP: **Newborn Service Readiness of Primary Level Health Facilities of Eastern Mountain Region of Nepal.** *J Nepal Health Res Counc.* 2019, **17**(45): 431-6.

- Shrestha MV, Adhikari SR, Manandhar N, **Choulagai BP**, Pradhan B: **Household expenditure on diarrhea treatment among under five children in Godavari Municipality of Nepal.** *J Nepal Health Res Counc.* 2019, 17(44): 351-6.
- Sharma P, **Choulagai BP**: **Stress, anxiety and depression among adolescent students of public schools in Kathmandu.** *Journal of Institute of Medicine.* 2018, 40(3): 29-37.
- **Choulagai BP**, Onta S, Subedi N et al: **A cluster randomized evaluation of an intervention to increase skilled birth attendant utilization in mid- and far- western Nepal.** *Health Policy Plan* 2017, 32(8):1092-1101.
- Gyawali B, **Choulagai BP**, Paneru DP, et al: Prevalence and correlates of psychological distress symptoms among patients with substance use disorders in drug rehabilitation centers in urban Nepal: a cross-sectional study. *BMC Psychiatry* 2016, 16:314.
- Huang L, Adhikari KP, **Choulagai BP** et al: **Road traffic accident and its characteristics in Kathmandu Valley.** *J Nepal Med Assoc* 2016, 55(203):1-6.
- **Choulagai BP**, Aryal U, Shrestha B et al: **Jhaukhel-Duwakot Health Demographic Surveillance Site, Nepal: 2012 follow up survey and use of skilled birth attendants.** *Glob Health Action* 2015, 8: 29396.
- **Choulagai BP**, Ling H, Sharma P et al: **Epidemiology of road traffic accidents in Nepal: data review and qualitative analysis.** *SM J Public Health Epidemiol.* 2015, 1(3):1014.
- Shrestha B, Onta S, **Choulagai B** et al: **Uterine prolapse and its impact on quality of life in the Jhaukhel-Duwakot Health Demographic Surveillance Site, Bhaktapur, Nepal.** *Glob Health Action* 2015, 8:28771.
- Khatri RB, Mishra SR, Khanal V, **Choulagai B**: **Factors associated with underweight among children of former Kamaiyas in Nepal.** *Frontiers in Public Health* 2015, 3(11).
- Onta S\*, **Choulagai B\*** (\* shared first authorship), Shrestha B et al: **Perceptions of users and providers on barriers to utilizing skilled birth care in mid- and far-western Nepal: a qualitative study.** *Glob Health Action* 2014, 7:24580.
- Bhandari GP, Subedi N, Thapa J, **Choulagai B** et al: **A cluster randomized implementation trial to measure the effectiveness of an intervention package aiming to increase the utilization of skilled birth attendants by women for childbirth: study protocol.** *BMC Pregnancy Childbirth* 2014, 14:109. (Highly accessed article)
- Shrestha B, Onta S, **Choulagai B** et al: **Women's experiences and health care-seeking practices in relation to uterine prolapse in a hill district of Nepal.** *BMC Women's Health* 2014, 14.
- Shrestha B, Onta S, **Choulagai B** et al: **Knowledge, prevalence and treatment practices of uterine prolapse among women of reproductive age in the Jhaukhel-Duwakot Health and Demographic Surveillance Site, Bhaktapur, Nepal.** *JKMC* 2014, 3(4): 136-143.
- Shrestha B, Devkota B, Khadka BB, **Choulagai B** et al: **Knowledge on uterine prolapse among married women of reproductive age in Nepal.** *Int J Women's Health* 2014, 6: 771-779.
- **Choulagai B**, Onta S, Subedi N et al: **Barriers to using skilled birth attendants' services in mid- and far- western Nepal: a cross-sectional study.** *BMC Int Health Hum Rights* 2013, 13:49.

- Choulagai PS, Sharma C, **Choulagai B: Prevalence and Associated Factors of Depression among the Geriatric People Living in Geriatric Homes in Kathmandu Valley.** *Journal of Institute of Medicine* 2013, **35**:1.
- Khatri GK, Onta S, Tiwari S and **Choulagai B: Knowledge and Management Practices of Paediatricians about Autism Spectrum Disorder in Kathmandu, Nepal.** *Journal of Nepal Paediatric Society* 2011, **31**(2):98-104.
- **Choulagai B, Onta S, Bhattarai P: Patient Delay in Leprosy Treatment in Jhapa District, Nepal.** *Journal of Nepal Health Research Council* 2005, **3**(2).

### Reports and manuscripts

- Various reports of program evaluation and research as per the assignment of the employer university and government agencies.
- Research report on **Validation of Nepali version of the depression, anxiety and stress scales (N-DASS21) in higher secondary school students in Kathmandu, Nepal** submitted to the University Grants Commission, Nepal in Jan 2020.
- Research report on **Assessment of community-based medical education in Institute of Medicine, Tribhuvan University, Kathmandu 2014** submitted to the University Grants Commission of Nepal, Bhaktapur
- Research report on **A study on road traffic accidents and road safety in Nepal** submitted to Ministry of Health and Population, Kathmandu
- **Bishnu Choulagai, 'Patient Delay in Leprosy Treatment in Jhapa District, Nepal',** ISBN 978-3-659-15932-9, LAMBERT Academic Publishers, Germany, 18 June 2012.
- Research report (as a co-author) on **Use of Oxytocin in Nepal, 2010**, submitted to the UNFPA, Kathmandu. The abstract was published in the Souvenir of the Institute of Medicine, Kathmandu, 2010
- Co-author in **Health and Nutrition Status of School Children in Nepal, 2009** submitted to Department of Education, Ministry of Education, Kathmandu
- Co-author, **ART Services: Barriers in Service Provision and its Utilization, June 2008.** A research report submitted to the National Centre for AIDS and STD Control (NCASC), Ministry of Health and Population, Kathmandu
- Monthly, half-yearly and annual reports of District programs submitted to BNMT Area Office Ilam (May 2003 -May 2004)
- Research report on **Knowledge and Attitude of Secondary School Students Regarding STDs and HIV/AIDS in Kathmandu, 2001** for partial fulfilment of the degree of BPH
- **District Health Management Profile, Saptari (2001)**
- Report on **Community Diagnosis, Goganpani VDC, Dhading (2000)**