

# TEK BAHADUR THAPA

Thatikandh Rural Municipality-05, Dailekh, Nepal  
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## Professional Summary

Passionate public health professional with 5 years of work experience strengthening health systems. Directly involved and technically supported the preparation of municipal health policy, act, COVID-19 response plan, and ten related guidelines and training, coaching on government recording, and reporting tools. Author of seven textbooks, four research articles, and principal investigator of two research articles.

## EXPERIENCE

DEC 2022 – FEB 2023

**RESEARCH COORDINATOR**, INNOVATIVE FOUNDATION FOR HEALTH AND RESEARCH, KATHMANDU

- Developing and monitoring tactical and operational plans in research and publications.
- Developed proposals and worked more as a principal investigator in various articles.
- Coordinated the implementation of health research, survey, and program evaluation.

AUG 2021 – NOV 2022

**HEALTH SYSTEMS OFFICER**, USAID'S STRENGTHENING SYSTEMS FOR BETTER HEALTH (SSBH) ACTIVITY/ DAILEKH

- Provided technical support to prepare municipal health policy, acts, private sector regulations guidelines, strategies, protocols, and guiding documents and updated municipal health profiles.
- Strengthened effective functionality of municipal and health facility level quality assurance committee conducted regular meetings and dissemination of related guidelines.
- Supported MNCH-FP and tracking progress reports against program indicators, and data entry.
- Provided technical support to the municipality on annual and periodic planning, health review meeting and budgeting, developing the annual operational calendar, monitoring, and evaluation.
- Facilitated and supported proper use of facility-based recording and reporting tools, logistics actively engaged with stakeholders and private sector service providers at the municipal level to promote effective collaboration and reduced the duplication of work in planning and implementation of the activities.
- Training and coaching on municipal and facility-level HMIS, LMIS, eLMIS, DHIS2, BHL, and data analysis improved functioning well and 100% self-reporting from the health facility level.

AUG 2020 – JULY 2021

**PROJECT COORDINATOR**, DHULIKHEL HOSPITAL KATHMANDU UNIVERSITY, DHULIKHEL, KAVRE/MINISTRY OF SOCIAL DEVELOPMENT(MoSD), SURKHET

- Provided technical support to municipalities and health service offices to conduct COVID-19 testing and case investigation and contact tracing (CICT).
- Organized and conducted the meeting, and orientations, analyzed the strategic plan for decision-making ensured the CICT updates and information management unit (IMU) app.

- Prepared project planning, budgeting, progress tracking, collaboration, and coordination with the MoSD team, health service office, municipalities, and other stakeholders.
- Actively engaged with other stakeholders and private sector service providers at the municipal level to promote effective collaboration and reduce the duplication of work in planning and implementation.

**JUN 2020 – JULY 2020**

**PUBLIC HEALTH OFFICER**, DEPARTMENT OF HEALTH SERVICE,  
EDCD KATHAMANDU/HEALTH SERVICE OFFICE, DAILEKH

- Facilitated CICT training, at district and local levels for reporting case investigation and contact tracing (CICT) updates and COVID-19 response.
- Coordinated and reported with the local, district, provincial, and other stakeholders.
- Formatted CICT teams and conducted orientations for case management in the Dailekh.

**MAR 2018 – MAY 2020**

**FACULTY/ INSTRUCTOR**, IWAMURA COLLEGE OF HEALTH SCIENCE,  
BHAKTAPUR

- Taught major subjects epidemiology, community health, management, and education.
- Frequently field visits, monitoring, and evaluation, coordination with the health facility, and local government.
- Ensuring the quality and integrity of activities with the faculty and achieving 100% results.

**MAR 2018 – APRIL 2020**

**RESEARCH COORDINATOR**, INNOVATIVE FOUNDATION FOR HEALTH  
AND RESEARCH, KATHMANDU

- Proposal and report writing, analysis, manuscript writing, and research article publication.
- Developing and monitoring tactical and operational plans in research.
- The developed proposal worked more as a principal investigator in more than three research and published 2 research articles.

**JUNE 2019 – JULY 2020**

**INSTRUCTOR**, SHRADHA INSTITUTE OF HEALTH SCIENCE,  
BHAKTAPUR

- Taught major subjects epidemiology, community health, health management, and health education.
- Frequently field visits, monitoring, and evaluation, coordination with the health facility, and local government.
- Ensuring the quality and integrity of activities with the faculty and achieving 90 % results.

**NOV 2017 – FEB 2018**

**PROGRAM OFFICER**, RESEARCH TRIANGLE INSTITUTE/HEALTH FOR  
LIFE/USAID, POKHARA, KASKI

- Collected the information from the enrolment assistant guide, field visits, supervision monitoring, and evaluation.

- Strengthened maternal neonatal, child health, family planning, budget planning, timely report writing, HFOMC formation, and orientation
- Supported and strengthened maternal neonatal, child health, family planning, budget planning, and timely report writing.
- Coordinated technical support with the health office, and municipality, advocacy for the effective implementation of the program, and monthly review meetings.

**JUN 2017 – AUG 2017**

**FIELD OFFICER**, NEPAL DEVELOPMENT RESEARCH INSTITUTE,  
LALITPUR

- Visited most of the health facilities at Darchula and Parbat using the KOBO tool and collect information.
- Collected information and coaching on HMIS, LMIS, and excellent coordination with DPHO.
- Observation of the status of the health condition, ASRH, and Availability of health commodities among people in the remote area.

## **EDUCATION**

**DEC 2021**

**MASTERS IN SOCIOLOGY**, TRIBHUVAN UNIVERSITY, MAHENDRA  
MULTIPLE CAMPUS, NEPALGUNJ

Master's degree in sociology

**JUN 2017**

**MASTER OF PUBLIC HEALTH (MPH)**, NORTH SOUTH UNIVERSITY DHAKA,  
BANGLADESH

Major in reproductive and child health

**NOV 2015**

**BACHELOR'S IN HEALTH EDUCATION**, TRIBHUVAN UNIVERSITY,  
SANOTHIMI CAMPUS, BHAKTAPUR

Major in the foundation of public health, office organization management

**AUG 2012**

**INTERMEDIATE IN HEALTH EDUCATION**, SHARADA CAMPUS,  
BHAKTAPUR

Major in health education

**APRIL 2011**

**AUXILLARY HEALTH WORKER (AHW)**, AMBIKA HEALTH TRAINING  
SCHOOL, BHAKTAPUR

Clinical and community health

**JUN 2009**

**SCHOOL LEAVING CERTIFICATE**, MALIKA SECONDARY SCHOOL,  
DAILEKH

Major in education and economics

## PROFESSIONAL TRAINING

- Basic Health Logistic and Procurement Forecasting Training, HMIS, LMIS, DHIS2 Training, Health Service Office, Dailekh, 2022.
- Project Management in Global Health, University of Washington, Department of Global Health, 2021.
- Training Workshop on Systematic Review and Meta-Analysis, NHRC, 2021.
- Training of Trainers on Qualitative Methods and Data Analysis Process in Health Research by NHRC, with 18 CDP credit points, 2021.
- Introduction to Epidemiology for Global Health, University of Washington, Department of Global Health, 2021.
- TOT on Minimum Initial Service Package (MISP) for SRH, Health Service Directorate, Surkhet, 2021.
- Training Workshop on Research Methodology on Medical Entomology, NHRC with 17.75 CDP credit point 2020
- Training Workshop on Research Methodology by NHRC with 12 CDP credit points, 2020.
- National Global Health Course by Finish Medical Society Duodecim, Finland, and Institute of Medicine, Tribhuvan University, 2018.
- Grant Proposal Development and Writing Program, North South University Global Health Institute, Dhaka Bangladesh, 2017.

## PUBLICATIONS

- Prevalence and Factors Associated with Depression, Anxiety, and Stress Symptoms among Home Isolated COVID-19 Patients in Western Nepal. [Accessed: [Link](#)]
- Knowledge and Attitude on Prevention of COVID-19 among Community Health Workers in Nepal-a Cross-Sectional Study. [Accessed: [Link](#)]
- Status of Post-traumatic stress disorder (PTSD) and Its Associated Factors among Secondary School Students after Fifteen Months of Earthquake in Bhaktapur District, Nepal. [Accessed: [Link](#)]
- Author of five *textbooks*; Epidemiology and Community Diagnosis, Health Education, Health Care System, and First Aid, Primary Health Care, and Family Health, Pharmacoepidemiology, and Environmental Health.
- Author of A complete Manual of Diploma in Pharmacy – 2<sup>nd</sup> year and 3<sup>rd</sup> year.

## SKILLS

- Excellent interpersonal skills and thereby building the capability of coordination and collaboration.
- Good report writing skills in MS office tools; word excel PowerPoint, web design
- Having a two-wheeler driving license

## REFERENCES

**Kishor Jung Shah**, Program Coordinator  
USAID's SSBH, Surkhet, Nepal  
9851140282. [KishorJung\\_Shah@ssbhnepal.org](mailto:KishorJung_Shah@ssbhnepal.org)

**Hari Prasad Bhusal**, Provincial Health Officer  
WHO, Bagmati Province, Hetauda, Nepal  
9841497586. [bhusalh@who.int](mailto:bhusalh@who.int)