

Nistha Shrestha

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EDUCATION

Doctor of Philosophy, Pharmaceutical Sciences University of Florida	2020-2025
Master's in Public Health, Epidemiology University of North Texas Health Science Center	2018-2020
Bachelor's in Pharmacy Tribhuvan University	2010-2015

PROFESSIONAL EXPERIENCE

➤ **RESEARCH EXPERIENCE:**

- **Department of Pharmacy Outcomes and Policy-University of Florida**
Designation: Graduate Research Assistant August 2020-Present
- **Department of Epidemiology- University of North Texas Health Science Center (UNTHSC)**
Designation: Research Assistant December 2019-June 2020
 - Providing research support by conducting literature review regarding COVID-19 for preparation of manuscripts.
 - Prepared manuscript regarding globalization and economic impact of COVID-19.
 - Providing research support by conducting a literature review, data analysis, and manuscript preparation for spatiotemporal trends in the incidence of Dengue, Chikungunya, and Zika fever.
 - Conducted data analysis related to the incidence and burden of Dengue fever in Mexico. The study involves the use of the national surveillance dataset of Mexico. The data analysis is being conducted using SAS and Microsoft Excel.
- **Department of Pharmacotherapy- University of North Texas Health Science Center (UNTHSC)**
Designation: Research Assistant May 2019-November 2019
 - Provided research support by conducting a literature review for measures of medication adherence.
 - Conducted data analysis related to the personal medication of study participants and their cognitive impairment status. The data analysis was conducted using SAS, SPSS, and Microsoft Excel.
 - Presentation of analyzed data by appropriate tables and graphs.
 - Prepared manuscript regarding association between polypharmacy and cognitive impairment status.
- **Oxford University Clinical Research Unit Nepal**

Designation: Clinical Research Scientist

July 2016-July 2018

- Designed and supervised a mixed-methods cross-sectional study "Knowledge assessment and perspectives regarding antimicrobial resistance among pharmacists in Lalitpur Metropolitan City".
- Trained the enumerators for data collection and public engagement events.
- Conducted focus group discussions among doctors, pharmacists, community members, and multiple stakeholders regarding antimicrobial resistance.
- Assisted in the hospital microbiology laboratory for the preparation and storage of the sample, microbiological data entry and inventory management.
- Preparation of quarterly antibiotic susceptibility profile and antibiograms. Distribution and discussion of antibiograms to doctors and nurses of the hospital.
- Collaborated with the hospital pharmacy and laboratory staff to quantify, compute, and analyze the preliminary results for the Drug Resistance Study.

Designation: Investigational drug pharmacist

July 2016-July 2018

- Managed study drugs in the undifferentiated fever study-randomized control trial.
- Initiated and developed drug dispensing and recording system in the clinical trial management of the study drugs.
- Prepared standard operating procedures for investigational drug management.
- Coordinated with principal investigators, trial coordinators, drug manufacturers, and external laboratories to ensure investigational drug management.
- Maintained pharmacy binder including documentation of study summary, protocol, standard operating procedures, required paperwork for adverse events, drug quality checks, and monitoring visits.

- **Department of Pharmacy-National Model College for Advanced Learning** 2014-2015

Designation: Student Researcher

- Designed and conducted dissertation titled "Phytochemical analysis with cytotoxic, antioxidant and microbiological studies of *Lantana camara*"

➤ **PUBLIC HEALTH EXPERIENCE:**

- **Tarrant County Public Health Department**

Designation: Graduate Student Intern

April 2020-June 2020

- Conducting and examining the case investigation and contact tracing of COVID-19 cases.
- Entering and reviewing the case investigation updates into QuickBase database.
- Compiling investigation information and routinely updating into database.

- **Technologically Enhanced Screening and Supportive Assistance-UNTHSC**

Designation: Graduate Student Intern

May 2019-April 2020

- Assisted in patient screening for intimate partner violence (IPV) services in community partner organizations, health care clinics, and IPV organizations.
- Prepared of customized data dashboards for community clinics.
- Participated in community meetings to engage target patients.

- Assisted in updating the wellness screening tool by searching validated questionnaires to screen medication dependence of patients.
 - Prepared an evaluation plan to evaluate the implementation of the updated wellness screening tool at an IPV organization.
 - Pretested wellness assessment tool in Qualtrics.
 - Analyzed screening data using SPSS, SAS, MS Excel, and Tableau to determine the predictors of help-seeking behavior among persons with a history of IPV.
 - Presented analyzed information and prepared a manuscript for publication.
- **Oxford University Clinical Research Unit Nepal**
Designation: Clinical Research Scientist July 2016-July 2018
 - Organized and conducted public engagement activities such as focus group discussion and community discussion meetings among community health workers, pharmacists, doctors, and health professionals.
 - Organized and conducted an interprofessional panel meeting with multiple stakeholders of health sector such as drug regulatory authority, doctors, pharmacists, pharmaceutical industries, microbiologists, and nurses regarding one health approach for antibiotic resistance.
 - Organized and conducted annual Antibiotic awareness campaigns.

➤ **WORK EXPERIENCE:**

- **Center for Academic Performance-UNTHSC**
Designation: Student Tutor June 2019-November 2019
 - Provided tutorial assistance to students in the courses of Introduction to Data Management, Principles of Biostatistics, and Principles of Epidemiology.
- **Office of Sponsored Programs-UNTHSC**
Designation: Student Assistant November 2018-August 2019
 - Assisted in documentation transition from paper to electronic records.
 - Assisted in the monthly STARS training program for research administration.
 - Coordinated with the department for logistics and documentation
- **The Madras Pharmaceuticals:**
Designation: Medical Representative March 2016- July 2016
 - Organized meetings with the community- and hospital-based healthcare staff
 - Identified and established new business relations
 - Presented products to healthcare staff including doctors, nurses, and pharmacists
 - Meeting both the business and scientific needs of healthcare professionals
 - Maintained detailed sales records
 - Reviewed sales performance, reports, and presentations.
- **Manmohan Memorial Community Hospital, Nepal**
Designation: Pharmacy Intern May 2014-June 2014
 - Applied effective communication skills to provide drug information and counseling to patients.

- Provided patient-centered care to the patients of the community hospital.
 - Assisted in drug inventory management.
- **CTL Pharmaceuticals Pvt. Ltd, Nepal**
- Designation: Pharmacy Intern Mar 2014-April 2014
- Assisted in the production and in-process quality control testing of antibiotics produced.
 - Assisted in the quality assurance practices of the pharmaceutical industry.
 - Assisted in the quality control laboratory for stability testing of pharmaceuticals.

AWARDS

- Public Engagement Seed Award, Oxford University Clinical Research Unit, March 2017.
Awarded seed funding of \$5000 to conduct research in antibiotic resistance knowledge among pharmacists of Lalitpur Metropolitan City.
- Dean's Excellence Award, University of North Texas Health Science Center, 2018-2020.

PUBLICATIONS

1. **Shrestha, N.**, Shad, M. Y., Ulvi, O., Khan, M. H., Karamehic-Muratovic, A., Nguyen, U. S. D., ... & Nahiduzzaman, K. M. (2020). The impact of COVID-19 on globalization. *One Health*, 100180.
2. Giri, A., Karkey, A., Dangol, S., Arjyal, A.,, **Shrestha, N.**, Thapa, R. K., Poudyal, B., Phuong, D. N. T., Baker, S., Kestelyn, E., Geskus, R., Thwaites, G., Basnyat, B. (2020). Trimethoprim-sulfamethoxazole (SXT) versus azithromycin for the treatment of undifferentiated febrile illness in Nepal: a double-blind, randomized, placebo-controlled trial. *Clinical Infectious Diseases*.
3. Rahman, M. S., Peeri, N. C., **Shrestha, N.**, Zaki, R., Haque, U., & Ab Hamid, S. H. (2020). Defending against the Novel Coronavirus (COVID-19) Outbreak: How Can the Internet of Things (IoT) help to save the World? *Health Policy and Technology*.
4. Peeri, N. C., **Shrestha, N.**, Rahman, M. S., Zaki, R., Tan, Z., Bibi, S., ... & Haque, U. (2020). The SARS, MERS, and novel coronavirus (COVID-19) epidemics, the newest and biggest global health threats: what lessons have we learned? *International journal of epidemiology*.
5. Shakya, S., Khanal, D.P., Raut, B., Gautam, P., Dhakal, S. & **Shrestha, N.** (2016) A study on the cytotoxic screening and antihelminthic activity of *Parthenium hysterophorus* In. *European Journal of Biomedical and Pharmaceutical sciences*, 3, 147-152
6. **Shrestha, N.**, Rauniyar, S., Khanal, D.P., Raut, B., Gautam, P. & Shakya, S. (2016) A study on antimicrobial and cytotoxic activities of two common weeds. *World Journal of Pharmaceutical Sciences*, 4, 37-43.
7. Mahat, S., Shah, A.P., Khatri, J.S., Adhikari, S. & **Shrestha, N.** (2015) Formulation and In-vitro evaluation of gastroretentive floating tablets of Ciprofloxacin hydrochloride. *World Journal of Pharmaceutical Research*, 4, 1483-1498.
8. **Shrestha, N.**, Rauniyar, S., Khanal, D.P., Raut, B., & Shakya, D. (2015) A study on the phytochemical and antioxidant activities of two common weeds. *World Journal of Pharmaceutical Research*, 4, 2846-2858.

Acknowledged:

1. Shrestha, P., Cooper, B.S., Coast, J., Oppong, R., Thuy, N. D. T., Phodha, T.,...,Lubell, Y. (2018) Enumerating the economic cost of antimicrobial resistance per antibiotic consumed to

inform the evaluation of interventions affecting their use. *Antimicrobial Resistance and Infection Control*, 7, 1-9.

2. Pokharel, S., Basnyat, B., Arjyal, A., Mahat, S.M., KC, R.K., Bhujju, A.,.....Thwaites, G. (2017) Co-trimoxazole versus azithromycin for the treatment of undifferentiated febrile illness in Nepal: study protocol for a randomized controlled trial. *Trials*, 18, 1-13.

Research & Manuscripts in progress/submission:

1. **Shrestha, N.**, Grace, J., Thompson, E., Spence, E., Galvin, and Spence, E. When is it enough? Predicting the help-seeking behavior of intimate partner violence victims. Manuscript in progress.
2. Ananth, S., Treviño, J. A., **Shrestha, N.**, Nandy, R., Lubinda, J., Sharif, R., Zaki, R.A., Molina, A.A., Lemus, A., Sánchez Casas, R. M., Haque, U. Clinical Correlates of Spatiotemporal circulation of arboviral infections in Mexico. Manuscript under review.
3. Khatiwada, A. K., **Shrestha, N.**, and Shrestha, S. Will COVID-19 be the reason to inflict resurgence of vaccine preventable diseases? Manuscript under review.
4. Rasu, R., **Shrestha, N.**, Matusevich, A., Zalmai, R., Johnson, L., and O'Bryant, S., Polypharmacy Status and Cognitive Impairment among Rural Adults. *Journal of Alzheimer's Disease*. Manuscript under review.
5. Shad, M.Y., Lubinda, J., **Shrestha, N.**, Aghamohammadi, N., Butt, T., Nguyen, U.S, Keellings, D., Chanda, E., Rodriguez-Morles, A.J., Moundiné, K., Mavoko, H.M., Toliva, O.P., Bouh, B.A.K., Kumar, D., Haque, U. Global Climatic factors impact on Malaria incidences. Manuscript under review.

PRESENTATIONS

➤ Oral Presentation:

- **Nistha Shrestha**. (2018, March) Knowledge Assessment and Perspectives on Antimicrobial Resistance among pharmacists in Lalitpur Metropolitan City. Oxford Tropical Network, Ho Chi Minh.
- **Nistha Shrestha**, Jessica Grace, Erika Thompson, Annalyn Galvin, and Emily Spence. (2020, March, *Accepted*) When is it enough? Predicting the help-seeking behavior of intimate partner violence victims. Texas Public Health Association Annual Education Conference, Dallas Fort Worth.

➤ Poster Presentation:

- **Nistha Shrestha**, Smriti Maskey, Rajesh Nandy. (2019, March) Bullying Involvement and Adverse Childhood Events: Should we be concerned? Research Appreciation Day, University of North Texas Health Science Center.
- Rana Zalmai, **Nistha Shrestha**, Meredith Howard, and Rafia Rasu. (2020, April, *Accepted*). "Assessing prescribing trends of opioids, non-opioid adjuvants, and opioid combination medication therapy in outpatients with a diagnosis of nonmalignant chronic pain". Academy of Managed Care Pharmacy Annual Meeting, Houston, Texas.
- **Nistha Shrestha**, Leigh Johnson, Sid O'Bryant, and Rafia Rasu. (2020, February, *Accepted*). Polypharmacy and self-reported health status of older adults with multimorbidities in a rural community. Research Appreciation Day, University of North Texas Health Science Center.

RESEARCH INTERESTS

Global health, Cognitive impairment, Comparative effectiveness, Health-informatics, Pharmacoepidemiology, Medication adherence, Polypharmacy, Geriatric population, Infectious diseases, Antimicrobial resistance, Arboviral infections.

QUALIFICATIONS

Software & Programming	Languages
SAS (Proficient)	English
SPSS (Proficient)	Nepali
Microsoft Office tools (Word, Excel, Access, and PowerPoint (Proficient)	Nepal Bhasa
Qualtrics (Proficient)	Hindi
R (Intermediate)	
EndNote (Proficient)	
Mendeley (Intermediate)	

LICENSES AND CERTIFICATIONS

- Registered Pharmacist, Nepal Pharmacy Council, License number-G 2057
- Certified in Public Health, National Board of Public Health Examiners, Credential ID-2771469

TRAININGS

- Regulatory Affairs training at Department of Drug Administration and National Medicine Laboratory, Kathmandu, Nepal/ 7 days
- Lab Safety Training at Oxford University Clinical Research Unit, Nepal/ January 31- February 1, 2017
- ISO 15189 Orientation Training at Oxford University Clinical Research Unit, Nepal/ February 3-4, 2017
- ICH Good Clinical Practice e-learning course from Global Health Training Centre.
- Motivational Interviewing
- Trauma informed care
- Human Subjects Research, Collaborative Institutional Training Initiative, 2018

AFFILIATIONS

- Nepal Health Professionals Council
- Nepal Pharmacy Council
- International Society for Pharmacoepidemiology

COMMUNITY SERVICE

- The Parenting Center, Fort Worth, Texas
 - Volunteered in the health fair to conduct a stress management booth.
- University of North Texas Science Center, Fort Worth, Texas
 - Volunteered as a health coach to counsel parents and students regarding the wellness wheel at the White Settlement Independent School District.
- Harold C. Simmons Comprehensive Cancer Center, UT Southwestern, Dallas, Texas

- Volunteered as a guest speaker volunteer at the 6th NCI Cancer Centers, HPV Vaccination Summit, November 14-15, 2019.
- University of North Texas Science Center in collaboration with Tarrant County Public Health Department
 - Volunteered as a responder to COVID-19 hotline for questions related to COVID symptoms, testing, and prevention, March 2020