

# Dhirendra Paudel

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## Work Experience

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### Dhaulagiri Hospital

Psychiatrist

Baglung, Gandaki/Nepal

Sep 2019–Sep 2021

- Clinical management of patients with psychiatric problems.
- Administrative role as Medical Officer of Government of Nepal.

### Southern Medical University, Nanfang Hospital

Residency in Department of Psychiatry

Guangzhou, Guangdong/China

Sep 2015–Jun 2019

- Clinical management of patients in the psychiatric department.
- Data collection and data analysis.
- Research assistance in Sleep Medicine, Suicide and Cognitive Behavior Therapy.

### Private Practitioner

Medical Doctor/Advisor

Pokhara, Gandaki/Nepal

May 2013–Aug 2015

- Self-employed medical doctor in private clinic
- Advisor to Junior Healthcare Foundation (Non-government Organization), Pokhara.

### Ilam District Hospital

Medical Officer

Ilam, Province No. 1/Nepal

Apr 2011–Apr 2013

- Patient care as a medical doctor.
- Data collection on diseases presenting to hospital.
- Administrative role as Medical Officer of Government of Nepal.
- Acted as District Health Officer and conducted various health camps.

## Education Experience

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### Southern Medical University

Master of Medicine in Psychiatry and Mental Health

Guangzhou, Guangdong/China

2015–2019

- Nepal Government Full Scholarship PG, Ministry of Education, Government of Nepal

### Tribhuvan University

Bachelor of Medicine and Bachelor of Surgery

Kathmandu, Bagmati /Nepal

2004–2011

- Nepal Government Full Scholarship MBBS, Ministry of Education, Government of Nepal

## Additional information

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**Skills:** Data Analysis (proficient SPSS, intermediate R, SAS and Excel), proficient in English, Mandarin, Hindi and Nepalese).

**Certificates:** Emergency Room Trauma Course; Rapid Response Team; Mental Health Gap Action Program(mhGAP) Trainer; Good Clinical Practice; Certified Publons Academy Peer Reviewer.

**Activities/Interests:** Homeless shelter volunteer clinical advisor, avid poetry writing and Linux administration/server applications.

**Nationality:** Nepalese.

**Associations:** Nepal Medical Council (10408); Psychiatry Association of Nepal.

**ORCID:** [0000-0003-3619-9798](https://orcid.org/0000-0003-3619-9798)

**Scientific Publications:** A false alarm of narcolepsy: obstructive sleep apnea masquerading as narcolepsy and depression; The Effect Of Fluvoxamine On Sleep Architecture Of Depressed Patients With Insomnia: An 8-Week, Open-Label, Baseline-Controlled Study; Effects of e-aid cognitive behavioural therapy for insomnia (eCBTI) to prevent the transition from episodic insomnia to persistent insomnia: study protocol for a randomised controlled trial; etc.

**Author Services:** Plasma membrane vesicles of human umbilical cord mesenchymal stem cells ameliorate acetaminophen-induced damage in HepG2 cells: a novel stem cell therapy; Prevalence, involved domains, and predictor of cognitive dysfunction in systemic lupus erythematosus; etc.

**Literary Publications:** The Lost Years, poetry collection, ISBN: 9781310844591

**References:** Available on request.