

UMESH GHIMIRE

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EDUCATION

MS in Health Services Research, Policy and Administration (2021 -2022)

Division of Health Policy and Management, University of Minnesota

Master's Degree Programme in Public Health (2012 - 2014)

University of Eastern Finland, Kuopio, Finland

Major courses: Epidemiology, Research methodology, Nutrition, Biostatistics II, Health promotion

Dissertation: Perceived stress and its association with psychosocial working conditions (Grade: 4/5)

Bachelor of Public Health (2005 - 2009)

Purbanchal University, Biratnagar, Nepal

RESEARCH INTERESTS

health disparities, policy analysis, elderly health, obesity, mental health, cardiovascular diseases

RESEARCH POSITION

Graduate Research Assistant - Division of Health Policy and Management (Summer 2021 - Spring 2022)

Duties and Responsibilities

- Prepare a data management plan of monoclonal antibody therapy recipients for the treatment of mild-to-moderate COVID-19 patients.
- Intensively involve in cleaning raw data and performing exploratory data analysis.
- Create tables, graphs, and visualization.
- Develop reports for internal use at the University and Minnesota Department of Health.

RESEARCH & PROFESSIONAL APPOINTMENTS

(Over **EIGHT** years of experience in health research and household surveys)

I. *January 2020 to May 2021, Consultant*, Numeric Mind, Kathmandu, Nepal

Duties and Responsibilities

- Involved in designing survey methodology.
- Facilitated in remote and in-person training and capacity building in data management and analysis in R and Python.
- Involved in data management of claim data, validation, and analysis.
- Collaborated in preparing analysis reports and involved in drafting manuscripts for publication.

- ii. *From March 2015 to April 2021, New ERA*, Kathmandu Nepal on several research projects:
- i. February 2020 – April 2021 as a **Research Officer** in Baseline Survey of Food and Nutrition Security and Enhancement Project (FANSEP)- (World Bank/Nepal)
 - ii. May 2019 to May 2021, as a **Research Manager** in “Suaahara II Annual Monitoring Survey -YEAR Three” supported by HKI/Nepal
 - iii. July 2018 to Dec 2019 as a **Research Manager** in “Suaahara II Annual Monitoring Survey - YEAR Two” supported by HKI/Nepal
 - iv. Jan 2017 to Dec 2017 as a **Research Officer** in “Suaahara II Annual Monitoring Survey - YEAR One” supported by HKI/Nepal
 - v. Feb 2018 to July 2018 as a **Lead Author** in “Further Analysis of 2016 Nepal Demographic Health Survey”
 - vi. Dec 2018 to April 2019 as a **Research Officer** in a survey supported by UNICEF/Nepal
 - vii. *Jan 2018 to April 2018*, as a **Project Lead** in “Evaluation Research of Health Facility Readiness Survey/RTI International”
 - viii. *Jan 2018 to April 2018* as a **Research Officer** in “Follow-up Micronutrient Powder/Integrated Infant and Young Child Feeding Survey and Nepal National Micronutrient Status Survey”; funded by UNICEF and technically supported by the U.S. Centers for Disease Control and Prevention (CDC).
 - ix. March 2015 – Jan 2016 as a **Research Officer** in “Food for Peace (FFP) Baseline Survey on health, food security, nutrition, and agriculture in Nepal”; funded by The USAID and technically supported by ICF International, MD, US.

Duties and Responsibilities

- Developed proposals, supported in survey design, and planned survey activities within time and budget constraints to meet data needs.
- Proactively coordinated throughout all stages of survey with implementing agencies and government counterparts in planning, finalizing, and updating survey activities.
- Prepared IRB protocols for the submission of ethical approval.
- Prepared survey questionnaires based on program indicators and verified the translation of survey tools, survey tools, manuals for data collection, and anthropometry guidelines.
- Trained a large group field surveyor in questionnaire content and interviewing techniques and oversaw beta-testing of survey instruments.
- Reviewed and finalized data collection instruments and provided necessary feedback to CAPI/data programmer to incorporate updates in the electronic data collection platform – CPro/ODK/RedCap.
- Supervised survey teams remotely and in-person to regularly keep track of collected data to ensure optimum data quality.
- Took a lead role in data management including checking outliers, validating the data accuracy, and data cleaning.
- Developed tabulation plans for analysis, maintained codebook for data analysis in R/Stata and performed statistical modeling including linear regression and logistic regression, as required.
- Developed report outline, drafted tables and figures and finalized technical and survey reports.

III. **May 2009 – April 2012, Assistant Research Officer at Nepal Health Research Council (NHRC), Nepal**
Duties and Responsibilities

- Finalize survey instruments and prepare protocol for Ethical Review Board.
- Oversaw field data collection.
- Designed data entry forms in SPSS and MS-Excel.
- Ensure the data management of collected data from the field level using SPSS.
- Performed statistical analysis, draft research reports and manuscript writing for publication.

PUBLICATIONS

Ghimire, U. & Vatsa, R. Spatial distribution of various forms of malnutrition among reproductive age women in Nepal: a Bayesian geoaddivitive quantile regression approach. *SSM - Popul. Heal.* 14, 100781 (2021).

Naz, L., **Ghimire, U.** & Zainab, A. Behavioral factors associated with utilization of healthcare services among elderly in Pakistan: evidence from a nationally representative survey. *BMC Geriatr* 21, 42 (2021).
<https://doi.org/10.1186/s12877-021-02005-3>

Naz, L., **Ghimire, U.** Assessing the prevalence trend of childhood pneumonia associated with indoor air pollution in Pakistan. *Environ Sci Pollut Res* (2020). <https://doi.org/10.1007/s11356-020-10346-6>

Ghimire, U., Shrestha, N., Adhikari, B. *et al.* Health system's readiness to provide cardiovascular, diabetes and chronic respiratory disease related services in Nepal: analysis using 2015 health facility survey. *BMC Public Health* 20, 1163 (2020). <https://doi.org/10.1186/s12889-020-09279-z>

Ghimire, U., Aryal, B.K., Gupta, A.K. *et al.* Severe acute malnutrition and its associated factors among children under-five years: a facility-based cross-sectional study. *BMC Pediatr* 20, 249 (2020)

Devendra Raj Singh, Saruna Ghimire, Satya Raj Upadhyay, Sunita Singh, **Umesh Ghimire**. Food insecurity and dietary diversity among lactating mothers in the Hills of Nepal, *PLOS ONE* 15(1): e0227873 (2020).

Ghimire Umesh, Nipun Shrestha, Bishal Gyawali, Pranil Man Singh Pradhan, Shiva Raj Mishra, Prevalence of American Heart Association defined ideal cardiovascular health metrics in Nepal: findings from a nationally representative cross-sectional study, *International Health*, ihz088, November 2019.

Ghimire U. 2019. The effect of maternal health service utilization in early initiation of breastfeeding among Nepalese mothers. *International Breastfeeding Journal*. 2019;14(1):33

Ghimire U, Manandhar J, Gautam A, Tuladhar S, Prasai Y, Tesfayi G. Inequalities in Health Outcomes and Access to Services by Caste/Ethnicity, Province, and Wealth Quintile in Nepal. *DHS Further Analysis Reports No. 117*. Rockville, Maryland, USA: ICF. 2019.

Manandhar S, Bhusal CL, **Ghimire U**, Singh SP, Karmacharya DB, Dixit SM. A study on relapse/re-infection rate of Plasmodium vivax malaria and identification of the predominant genotypes of P. vivax in two endemic districts of Nepal. *Malaria Journal*. 2013; 12:324.

Joshi HD, **Ghimire U**, Pandeya R. Knowledge and Practice of Traditional Medicine on Respiratory Disorders. *International Journal of Ayurvedic Medicine* Vol 1, No 3. (2010).

Bhandari GP, Dixit SM, **Ghimire U**, Maskey MK. Outbreak Investigation of Diarrheal Diseases in Jajarkot. *Nepal Health Res Council*, Vol. 7, Issue 15, 66-68. (2009).

CONFERENCE PRESENTATIONS

1. **Dec 10-12, 2019** - 7th Annual Scientific Symposium on Agriculture-Nutrition: Pathways to Resilience. *Feed the Future Innovation Lab for Nutrition*. Kathmandu, Nepal.
2. **April 11-12, 2018**. Poster presentation on "Food insecurity and dietary diversity among lactating mothers in the Hills of Nepal". Fourth National Summit of Health and Population Scientists in Nepal. *Nepal Health Research Council*. Kathmandu, Nepal.
3. **July 16-18, 2018**. Poster presentation on "Maternal health service utilization and early initiation of breastfeeding among Nepalese mothers" (Conference proceeding ISBN 978-86-87043-57-2.) *Fifth Public Health Conference*, Bangkok, Thailand.

INDEPENDENT RESEARCH INVOLVEMENT

- Served as **Co-investigator** for a research study, entitled "Status and Determinants of Family Planning Methods Use among Hard-to-Reach Population (HTRPs)", funded by the Family Welfare Division, Ministry of Health and Population/Nepal. Approved on October 2020.
- Affiliated as a **Principal Investigator** in a research project funded by the Public Services International, entitled "An Assessment on the Availability of Personal Protective Equipment among Frontline Health Workers for Coronavirus Disease 2019 Management in Nepal". August 2020 till date.
- Served as a **Co-principal Investigator** in a research project funded by the Nepal Health Research Council, entitled "Prevalence and Determinants of Global Acute Malnutrition in Under Five Children Attending Out-Patient Therapeutic Centers of Bara and Jhapa Districts". June 2018 to December 2018

PROFESSIONAL QUALIFICATIONS

- **Microsoft Office**: Advance user of Microsoft package (Word, Excel, PowerPoint, Access, and Outlook)
- **Statistical software**: SAS, RStudio, Python, Stata, and ArcMap



Date: January 2022