

Rochana Acharya
She/Her
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Education and Academic Qualifications

- USMLE STEP 1: Pass (September 2023)
- USMLE STEP 2: Pass, score 272 (July 2024)
- Occupational English Test (OET): Pass (December 2023) with OET Gold Standard (Grade “B” in reading, listening, speaking and writing)
- MBBS (2016-2023): Pass with honors, Rank 1 in batch of 120 students, B.P. Koirala Institute of Health Sciences, Dharan, Nepal
- Intermediate Level (2013-2015): First Division with Distinction with, St. Xavier’s College, Maitighar, Kathmandu, Nepal
- Primary and Secondary School leaving certificate (2012): First Division with Distinction, Rank 1, Himalaya Vidya Mandir, Kathmandu, Nepal.

Membership and Honorary/ Professional Positions

- Honorary mention and acknowledgement in **FIRST AID book, 2024 edition**, for contribution to the errata identification and correction
- Member, American College of Physicians, July 2023-present
- Editor, E-healthy info, healthcare social media company to bridge gap in patient education and advocate for patient education
- Medical advisor, MeasureMe.AI, a social startup utilizing 3D reconstruction technology for automated child malnutrition assessment
- Executive Member, Nepal National Unit of UNESCO chair in Bioethics, Nepal (2017-2019): A unit of the International Network of the UNESCO chair in Bioethics, conducting seminars and symposiums revolving around concepts of ethics in medicine at the level of medical college students
- Active member, Rotaract Club of Dharan, Nepal, a non-profit, organization, December 2016-present, voluntarily organizing and participation in rural health camps, Chronic disease screening campaign and extra-curricular campus activity e.g. Hypertension screening camps
- Active member, Leo Club of Kathmandu, Nepal, July 2023-present, volunteering actively by conducting awareness camps on local epidemics and health care issues e.g. dengue awareness, viral conjunctivitis awareness camps

- Executive Member, Activities Coordinator, Distribution Coordinator, Parikrama Students' Family, an independent student wing inside B. P. Koirala Institute of Health Sciences, Dharan, working in the field of literature and social development (2016-2020)
- Nepal Medical Council (NMC), Permanent medical licensing registration no: 32456

Medical School Awards

- **‘The Vice Chancellor Gold Medal’** honors in MBBS for academic excellence, Rank-1 in clinical year (2022), BPKIHS, Dharan, Nepal
- **Nepal Government Scholarship award** to study MBBS (2016): I was granted half a scholarship for pursuing an MBBS for demonstrating merit in the medical entrance examination (**PSTFS Open Category Rank 22 out of 6000 students**, BPKIHS)
- Awarded with **Civil Service Santati Chhatrabritti** Granted by the **Ministry of Federal Affairs and General Administration** for pursuing MBBS based on my merit in School and Intermediate level (2016)
- **Certificate of Merit - 2nd-year MBBS**, BPKIHS, Dharan, Nepal (2018): A certificate of merit is awarded to a student scoring a minimum of 75% on total marks in the annual examination on the first attempt and being on the **90th percentile and above**.
- **Certificate of Merit - 4th year MBBS** (2020), BPKIHS, Dharan, Nepal

Other Awards/ Accomplishments

- **Winner, Asia Regional, Hult Prize (2022), also referred as Nobel Prize for students**, a worldwide student competition for ideas solving pressing social issues: I was a medical mentor representing the idea of digitalization of measuring tools for malnutrition. Our social-medical startup successfully won the nationals, all Asia, and stood out as the top 16th group among 10000 participants worldwide.
- 1st runner up in the National Level Essay Competition organized by **Nepal National Unit of UNESCO chair in Bioethics**
- Winner in the National Level Scientific Poster Competition organized by Nepal National Unit of **UNESCO chair in Bioethics in Bioethics** on World Bioethics Day 2019 for an original paper on Attitude of Medical Students Towards Cultural Diversity at a Tertiary Care Hospital and Teaching Centre in Eastern Nepal”
- School Leaving Certificate (SLC) – School Topper (2012), First Division with distinction, , Himalaya Vidya Mandir, Kathmandu, Nepal

Work Experience

□ Randomized Clinical Trial, Phase III, Society for Local and Integrated Development Nepal (January 2023 – April 2023)

Designation: Research medical officer

Roles & Responsibilities: Obtain informed consent from the participants, clinical screening of participants, referral of participants, randomization of participants and monitoring of adverse events in a multi-center, randomized, double-blinded, placebo-controlled Phase III trial to evaluate the efficacy, safety, and immunogenicity of the recombinant two-component COVID19 vaccine (CHO cell) in adults aged 18 years and older.

□ Chirayu National Hospital, Kathmandu, Nepal (April 2023 – Present)

Designation: Medical Officer

Department: Internal Medicine, General Surgery

Context, Roles & Responsibilities:

- Attend 20-30 inpatients and 10-15 medical emergencies per day
- Attend rounds, review medication, and maintain progress notes in the inpatient unit and doctor on call for 24 hours
- Admission, inpatient care, and discharge of patients in the medical ward
- Counsel the patient and their family members on post-discharge instructions, medications, and follow-up appointments.
- Diagnose and manage cases like cardiac arrest, sepsis, AKI, DKA, exacerbation of Asthma & COPD, syncope, Snake bite, variceal bleeding in portal HTN, lower GI bleeding, traveler's diarrhea, acute back pain, pneumonia, etc.
- Perform procedures such as ABG sampling, opening IV lines, nasogastric tube insertion, lumbar puncture, urinary catheterization, suturing, colostomy care, paracentesis, thoracentesis, C-spine protection, securing airways, bag and mask ventilation.

□ Med Ex, Pan Asia Health Care Aggregator (October 2023 – present)

Designation: Medical Officer

Department: Outpatient (focusing on Travel medicine, STDs, and Primary care)

Context, Roles, and Responsibilities:

Attend 5-10 outpatients per day, the patient population includes **mainly international tourists** to my country (Spanish, American, Chinese, and many more diverse populations)

□ **B. P. Koirala Institute of Health Sciences, Dharan, Nepal (January 2022 – Jan 2023)**

Designation: Medical and Surgical Intern

Context, Roles, and Responsibilities

a) Teaching Hospital, B. P. Koirala Institute of Health Sciences

- Rotated throughout seven and a half months in **Internal Medicine, Emergency Medicine, Surgery, Pediatrics, Obstetrics and Gynecology, Psychiatry, Dermatology, Anesthesiology, Otorhinolaryngology, Family Planning, Maternal and Child health care in a tertiary care center, ophthalmology and orthopedic surgery**
- Took history, performed physical examinations, and learned to manage cases under attending physicians' supervision
- Presented cases in the daily ward rounds and morning conferences, participating in developing daily management plans for admitted patients
- Learned the approach to managing common cases as a medical doctor, taking total responsibility for independent patient management
- Attended and conducted CMEs in respective departments ○ Clinical Teaching to Nursing interns, Health Assistant interns
- Assisted with diagnostic procedures: biopsies, lumbar puncture, colonoscopy, and bronchoscopy
- Performed procedures like CPR, endotracheal intubation, nasogastric tube insertion, urinary and intravenous catheterization, arterial blood gas sampling, thoracentesis, abdominal paracentesis, excision of lipoma, incision and drainage and suturing

b) Teaching District Hospitals (Ilam District Hospital, Sunsari District Hospital and Itahari Hospital)

Worked as a medical and surgical intern under supervision with similar responsibilities as in the teaching hospital, BPKIHS for a total of 4 ½ months in a rural and limited resource setting in Eastern Nepal

Current/ Prior Training

- Presented an original paper on “Clinical profile of pediatric acute glomerulonephritis: A community-based cross-sectional study” at the **Craiova International Medical Students' Conference 2020, XXIInd Edition**, 19-22nd November 2020 organized virtually by **Craiova International Medical Students' Association, Craiova, Romania**
- Presented an original paper on “Clinical profile of pediatric acute glomerulonephritis – a retrospective study at a tertiary care center in eastern Nepal: a cross-sectional study” at **27th Annual Scientific Program, December 7-11th, 2020**, B. P. Koirala Institute of Health Sciences, Dharan, Nepal
- Completion of the six-hour required course on “**Good Clinical Practice**”, version 5, Eve Jelstrom, Principal Investigator, NDAT CTN Clinical Coordinating Center
- “**Research Methods Workshop**” with hands-on training on research paper writing to getting it published, organized by **ECANCER, an international UK-based organization**, on Oct 2023, Kathmandu
- National Health Research Council Education Credit Certificate, 18 CDP credit points for participating in “**Workshop on Health Research Proposal Development and Research Management**”.
- 15 Credit Points in the “**International Seminar Series on Bioethics and COVID 19 Pandemic**” organized by Nepal National Unit of UNESCO Chair in Bioethics in association with the Department of Education International Program of UNESCO Chair in Bioethics on 7th November, 2020.

Peer Reviewed Journal Articles/Abstracts

Orchid Id: <https://orcid.org/0000-0001-7293-8207>

Research Gate ID: <https://www.researchgate.net/profile/Rochana-Acharya>

- **Acharya, R.**, Panthi, S., Khatiwada, P., Bhattarai, B., Singh, S., Bhattarai, K., Aryal, R., Neupane, D., Thapa, A., Karki, K., Basnet, L. B., Khanal, V. K., & Ghimire, A. (2024). Antibiotics use among residents in eastern Nepal: A community-based mixed method study. **Annals of Medicine & Surgery**, 86(2), 748–755.
<https://doi.org/10.1097/ms9.0000000000001611>
- Fawwaz, B., Gautam, S., **Acharya, R.**, Farooq, A., & Hurairah, A. (2023). S2529 clawing the colon: Decoding the enigma of cat scratch pattern. **American Journal of Gastroenterology**, 118(10S). <https://doi.org/10.14309/01.ajg.0000959756.46243.91>

- Panthi, S., Bhandari, A., **Acharya, R.**, Khatiwada, P., Khanal, N., Bhattarai, B., Basnet, L. B., Khanal, V. K., Budhathoki, S. S., Ghimire, A., Pokharel, P. (2022). Medical students' attitude towards cultural diversity: A cross-sectional study at a Health Sciences University in eastern Nepal. **BMJ Open**, 12(5). <https://doi.org/10.1136/bmjopen-2021-057062>
- Yadav, P. S., Panthi, S., Neupane, A., Uprety, M., **Acharya, R.**, Shah, L., Ansari, A., Basnet, U., Bhattarai, R., Khanal, B. (2023). Nontraumatic spontaneous bilateral intracerebral hemorrhage in a young patient: A rare case report. **Annals of Medicine & Surgery**, Publish Ahead of Print. <https://doi.org/10.1097/ms9.000000000000103>
- Khanal, B., Panthi, S., Bhattarai, R., Khatiwada, P., **Acharya, R.**, Neupane, D., Yadav, P., Sharma, A., Pokharel, L., Basnet, U. (2023). Superior mesenteric artery syndrome mimicking gastric outlet obstruction: A case report and a literature review. **Annals of Medicine & Surgery**, 85(4), 939–942. <https://doi.org/10.1097/ms9.000000000000129>
- Neupane, D., Lageju, N., Dahal, A., Jaiswal, L. S., Manandhar, S., Chhetri, S., **Acharya, R.**, Pokhrel, N., Panthi, S. (2022). Role of wall shear stress in an intracranial aneurysm formation: A systematic review. **Journal of Surgery**, 10(1). <https://doi.org/10.13188/2332-4139.1000050>
- Panthi, S., Khatiwada, P., Adhikari, S., **Acharya, R.**, Neupane, D., Sharma, A., Yadav, P. S., Yadav, P., Bhattarai, R., Khanal, B. (2022). Intestinal tuberculosis masquerading as carcinoma colon: A case report of diagnostic quandary in low- resource setting. **Journal of Surgical Case Reports**, 2022(5). <https://doi.org/10.1093/jscr/rjac210>
- Panthi, S., Khanal, N., Poudel, S., Bhandari, S., Khatiwada, P., **Acharya, R.**, Bhattarai, R., Bhattarai, B., Khanal, S. (2022). Diffuse proliferative cerebral angiopathy: A case report and literature review on a very rare and misdiagnosed entity. **Journal of Surgical Case Reports**, 2022(1). <https://doi.org/10.1093/jscr/rjab620>
- Bhattarai, R., Panthi, S., Yadav, G. K., Bhandari, S., **Acharya, R.**, Sharma, A., Shah, P. K., Koirala, S., Bhattarai, M., Gupta, M. K., Khanal, B. (2023). Morphometric analysis of foramen ovale, foramen spinosum and foramen rotundum of human skull using computed tomography (CT) scan: A cross-sectional study. **Annals of Medicine & Surgery**, Publish Ahead of Print. <https://doi.org/10.1097/ms9.0000000000000609>
- Shah, S. P., Sah, R. P., Panthi, S., Shah, R. K., **Acharya, R.**, Neupane, D., Puri, R., Poudel, S., Basnet, L. B. (2022). Atrial fibrillation among patients admitted to the Department of Internal Medicine in a tertiary care centre: A descriptive cross- sectional study. **Journal of Nepal Medical Association**, 60(253), 756–760. <https://doi.org/10.31729/jnma.7858>
- Gautam, S., Neupane, A., Chamlagain, M., Pokhrel, S., Neupane, D., **Acharya, R.**, Panthi, S. (2022). Baclofen overdose: A curious case of medical sales representative. **Clinical Case Reports**, 10(8). <https://doi.org/10.1002/ccr3.6230>

Journal Articles (Submitted and Under Review)

1. **Acharya R**, Panthi S, Bhattarai B, Thakur S, Katwal A, Singh S, Karki K, Thakur J, Yadav SP. Acute Glomerulonephritis among Pediatric Patients Admitted to the Department of Pediatrics and Adolescent Medicine at a Tertiary Care Center
2. Khatiwada P, Panthi S, **Acharya R**, Aryal R, Gautam S, Bhattarai B, Lamichhane R, Bhurtyal N, Sharma SK. A retrospective cross-sectional study to identify sepsis as an etiology and complication of Community-Acquired Acute Kidney Injury in Low Resource Setting
3. Dahal D, Lamichhane R, Panthi S, Chhetri ST, Ranjit PS, Chaudhary S, **Acharya R**, Aryal R, Khatiwada P. Wild honey poisoning: A case report from Central Nepal
4. Subedi P, Panthi S, Bhattarai S, Adhikari N, Khatiwada P, **Acharya R**, Aryal R, Bhattarai A, Neupane D, Lageju N, Karki K, Gautam S, Sharma SK. Cardiovascular Disease Risk Factors among Medical Students at a Tertiary Care Hospital from Eastern Nepal: A Descriptive CrossSectional Study

Ongoing Researches/Studies

- Epidemiological and Clinico-pathological Trends of Breast Cancer in Nepalese Patients at a Tertiary Care Hospital in Eastern Nepal: A Retrospective Study of 5 years
- Epidemiological and Clinico-pathological Trends of Colorectal Cancer in Nepalese Patients at a Tertiary Care Hospital in Eastern Nepal: A Retrospective Study of 5 years
- Spectrum of medical diseases by systems, duration of hospital stays and outcomes of admissions of inpatient ward of department of internal medicine of a tertiary level hospital of eastern Nepal: a cross-sectional survey of five consecutive years
- Pre-consultation antibiotic use among pediatric population in Eastern Nepal: A crosssectional study

Peer Reviewer

- **Clinical case reports (14)**
- **PLOS One (2)**

Language

- Full professional working proficiency in both speaking and writing in **English** and **Nepali**.
- Bilingual working proficiency in **Hindi**

Hobbies & Interests

- Travel, adventure- Annapurna base camp trekking (8th highest peak of world), travel blog writing

- Spirituality: Exploration of self via meditation, participation in **Isha/Sadhguru's inner engineering programs** for clarity, stress management and mental wellbeing

Declaration

I hereby certify that this biodata correctly describes me and is as per my authentic qualifications and experiences. Additional documents and certification will be provided upon request.