

Curriculum Vitae

Address: Baneshwore, Kathmandu, Nepal

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Nationality: Nepalese

Language: Nepali, English, Hindi, Japanese (Basic)

Email: navindrarajbista@hotmail.com



CURRENT JOBS AND RESPONSIBILITIES

- Assistant Professor
 - Department of Anaesthesiology, Tribhuvan University Teaching Hospital (TUTH), Institute of Medicine, Tribhuvan University, Kathmandu, Nepal
 - Working since March, 2014
- General Secretary
 - Society of Anaesthesiologists of Nepal (SAN)
 - In office since March, 2019
- COVID-19 Country Preparedness Research Consultant
 - Nepal Health Research Council (NHRC)
 - In office since April, 2020
- Managing Editor
 - Journal of Karnali Academy of Health Sciences (JKAHS)
- Editor
 - Journal of Nepal Medical Association (JNMA)
 - Europasian Journal of Medical Sciences (EJMS)
- MD Residency Academic Coordinator, Anaesthesiology
 - Maharajung Medical Campus (MMC), Institute of Medicine (IOM)
 - In office since 2015
- Visiting Anaesthesiologist
 - Civil Service Hospital of Nepal, Min Bhawan, Kathmandu
 - In office since November, 2013

ACADEMIC QUALIFICATIONS AND DEGREES

Advanced Level Anaesthesiology
Kanazawa Medical University
Uchinada, Ishikawa, Japan
2017

Doctor of Medicine, Anaesthesiology (**M.D**)
National Academy of Medical Sciences (NAMS), Bir Hospital and five allied government hospitals
Kathmandu, Nepal
2013

Clinical Internship
Kathmandu University Teaching Hospital, Dhulikhel, Nepal, allied hospitals (Scheer Memorial Hospital, Banepa, Nepal, B & B Hospital, Lalitpur, Nepal), and various community outreach centers
2007

Bachelor of Medicine and Bachelor of Surgery (**MBBS**)
Kathmandu University School of Medical Sciences (KUSMS)
Dhulikhel, Kavre, Nepal
2006

Proficiency Certificate Level (**I.Sc**), Biology Group under Tribhuvan University
Birendra Sainik Awasiya Mahavidyalaya
Bhaktapur, Nepal
2000

School Leaving Certificate (**S.L.C**)
Birendra Sainik Awasiya Mahavidyalaya
Bhaktapur, Nepal
1998

WORK EXPERIENCE

03/2014 till date

Organization and location: Tribhuvan University Teaching Hospital, Maharajgunj, Nepal
Position: Assistant Professor and Anesthesiologist

11/2013 till date

Organization and location: Civil Service Hospital, Minbhawan, Kathmandu, Nepal
Position: Anesthesiologist

Election Officer 2019

Successfully conducted Nepal Medical Association (NMA) Election 2076-79 BS

Acting General Secretary 2015-2016

Society of Anaesthesiologists of Nepal (SAN)

Website Designer 2016

Official site of Society of Anaesthesiologists of Nepal (SAN)
www.sannepal.com

Organizing Secretary 2016

17th National Conference of Society of Anaesthesiologists of Nepal (SANCON 2016)

Medical Officer

Organization and location: KIST Medical College Teaching Hospital, Gwarko, Nepal

Department: Internal Medicine

Job Description: I was involved in medical cases management and also managing patients in Intensive Care Unit (ICU)

Organization and location: Capital Hospital and Research Center, Putalisadak, Kathmandu, Nepal

Department: Emergency and Inpatient Unit

Job Description: I was involved in emergency and overall inpatient medical, surgical, gynecological, orthopedics and pediatrics case management

PUBLICATIONS SCIENTIFIC ARTICLES (8)

Peer-reviewed Indexed Journals (International) (2)

From no anesthesiologist to qualified anesthesiologists for devastating earthquake in 60 years: Nepal

Navindra Raj Bista

Journal of Anesthesia History 2017, USA

Management of status epilepticus.

Lamsal R, Bista NR

Journal of Neuroanaesthesiology and Critical Care. 2019; 6(3):267–274.

Peer-reviewed Indexed Journals (National) (6)

Regulation of Surgical Procedures and Health Care Facilities Rankings in Nepal

Acharya, Y., Dahal, R., **Bista, N. R.**, Khanal, M. C., & Bista, S. (2019)..

Journal of Nepal Medical Association, 57(215). <https://doi.org/10.31729/jnma.4088>

Challenges of New Healthcare Reform Act 2017 and Possible Rise of Defensive Medicine in Nepal

Yogesh Acharya, Ranjan Dahal, **Navindra Raj Bista**, Sangita Bista

J Nepal Health Res Counc 2018 Oct 30;16(3):357-358

Anaesthesia for awake craniotomy with the use of dexmedetomidine in combination with propofol infusion and ProSeal laryngeal mask airway.

Shrestha, G., Koirala, M., Karki, P., **Bista, N.**, Sedain, G., & Nath, M

Journal of Society of Anesthesiologists of Nepal 2015. 2(2), 84-86. <https://doi.org/10.3126/jsan.v2i2.13539>

Can Ultrasound Guided Regional Anesthesia Improve Rural Anesthesia Services and Address Safety Issues in Low Income Country? Perspective from Nepal.

Pawan Kumar Hamal, Anuj Jung Rayamajhi, Nabin Pokhrel, Rupesh Kumar Yadav, Prajjwal Raj Bhattarai, **Navindra Raj Bista**

J Nepal Health Res Counc 2020 Apr 20;18(1):144-146.

Pattern of Liver Diseases

Journal of Nepal Health Research Council (JNHRC)

Mishra AK, Shrestha P, **Bista NR**

J Nepal Health Res Counc 2009 Apr;7(14):14-8

Need for Improvement of Medical Records

Journal of Nepal Medical Association (JNMA)

Mishra AK, Bhattarai S, Bhurtel P, **Bista NR**

J Nepal Med Assoc 2009;48(174):103-6

ONGOING RESEARCH

1. Assessment of health related country preparedness and readiness of Nepal for responding to COVID-19 pandemic
2. Work Place Stress and Anxiety among Medical Doctors of Nepal during COVID-19 Pandemic

PUBLICATION (BOOK)

2010

Reviewer of book on Manual of Medical Emergencies by Prof Dr Gopal P. Acharya

PUBLICATION (MAGAZINE)

An article titled “living with asthma” in a National magazine of Nepal “Living” issue 15 (March, 15 – April 14, 2008)

VIEW POINTS (Online portal)

History of Anaesthesia in Nepal 2019

<https://swasthyakhabar.com/>

ORAL PRESENTATIONS/LECTURES IN CONFERENCES

1. Bista NR. From no anesthesiologist to qualified anesthesiologists for devastating earthquake in 60 years: Nepal Harvard Medical School, Boston, USA
2. Bista NR. TIVA in Neuroanesthesia: New Paradigm 39th Annual Meeting of the Japan Society for Clinical Anesthesia (JSCA). November 2019, Karuizawa, Japan.
3. Bista NR. ‘Controversies and Evolving Evidences of Ketamine in Neuroanesthesia. The First International Conference on Neuroanaesthesia and Neurocritical Care in Bangladesh
4. Bista NR. ‘Traumatic brain injury (TBI) The First International Conference on Neuroanaesthesia and Neurocritical Care in Bangladesh

POSTER PRESENTATIONS IN CONFERENCES

1. Pediatric difficult airway management. 11th Pan Arab Congress. 2017 in Dubai, UAE (WFSA-Baxter Scholarship Programme)
2. Anesthetic Management of Patient with Post Dual Heart Valve Repair and Permanent Pacemaker Implantation (PPI) undergoing Total Abdominal Hysterectomy SANCON Kathmandu

PARTICIPATION IN CONFERENCES

1. 12th SAN National Conference and 4th SAARC Critical Care Congress, Kathmandu, Nepal. (2011)
2. 9th Congress of SAARC-AA, Bangalore, India. (2011)
3. “Cardiac Anesthesia”. SGNHC , Nepal (2012)
4. 14th National conference and Silver Jubilee celebration of SAN ,Kathmandu, Nepal (2013)
5. 10th Congress of SAARC-AA, Bangladesh Society of Anesthesiologist, Dhaka, Bangladesh (2013)

PARTICIPATION IN WORKSHOPS

1. Point of care Ultrasonography. Beth Israel Deaconess Medical Center ((teaching hospital of Harvard Medical School) Boston, Massachusetts, USA
2. Ultrasound guided nerve blocks and vascular access NSORA, New York, USA (2015)
3. Ultrasound guided nerve blocks, 9th SAARC-AA Preconference, Bangalore (2011)
4. Symposium of Interventional Pain Management with Live Demonstration of Radiofrequency Nerve Ablation Procedures, TUTH (2011)
5. Ultrasound guided nerve blocks, KMCTH, Nepal (2013)
6. Airway management in 10th Congress of SAARC-AA, Dhaka, Bangladesh (2013)

PARTICIPATION IN REFRESHER COURSES

1. "Perfusion in cardiac anesthesia". Mayo Clinic, USA + SGNHC, Nepal (2011)
2. "Refresher Course on Mother and Child , Adverse Reaction ". KMC (2011)

TRAINING

1. Acute Care Ultrasound by Canadian Anesthesiologist and TUTH 2014
2. Ultrasound Trauma life Support Course (UTLSC) conducted by AIIMS, India and NMA 2013
3. Advanced Cardiac Life Support (ACLS) 2011
4. Research Methodology.2011
5. Advanced Trauma Life Support (ATLS) 2012
6. Medical Education Training 2012

PROFESSIONAL AFFILIATION AND MEMBERSHIPS

1. Nepal Medical Council (NMC) : 7270
2. Nepal Medical Association (NMA):3559/L-3005
3. Member of Mountain Medicine Society (MSS)
4. Nepalese Society of Critical Care Medicine (NSCCM)

ACCOLADE AND ACHIVEMENTS

2019 Successfully conducted Nepal Medical Association (NMA) Election as Election Officer 2076-79 BS
2019 Unanimously elected General Secretary of Society of Anaesthesiologists of Nepal
2016 WFSA-Baxter Scholarship Programme to Dubai, UAE
2013 "Chief Resident" of MD anesthesiology program 2012/13 at NAMS
2004 President of KUMS Sports Club and organizer of KUMS Annual Sports 2004
2002 "Hostel Prefect" in Kathmandu University Boys Hostel (KUBH) from August 2002 to December 2003
1994 House Captain, Birendra Sainik Awasiya Mahavidyalaya

REFERENCES

Kanazawa Medical University, Ishikawa, Japan
Prof Hideaki Tsuchida

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Phone no: 00977-011-49049, Email: Kusms@ku.edu.np

NAMS, Bir Hospital , Kathmandu Nepal. Phone no: 4230710.
Email:nams@healthnet.org.np