Govinda Mani Nepal

Assistant Professor/Physiotherapist

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Contact address

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EDUCATIONAL BACKGROUND:

- 2013: Masters in Physiotherapy in Neurological and Psycho-somatic disorders

  Marks scored: 66%

  Rajiv Gandhi University of Health Sciences, Bangalore, India

- 2009: Bachelors in Physiotherapy

  Marks scored: 72.02%

  Rajiv Gandhi University of Health Sciences, Bangalore, India

- 2004 : Higher secondary education (10+2)

  Marks scored: 74.20%

  The New Summit College, Old Baneshwor (HSEB), Kathmandu, Nepal

- 2002: Secondary education (SLC)

  Marks scored -72.75%

  Deep JyotiVidyaMandir, Jhapa, Nepal

CAREER OBJECTIVES:

- Develop high quality research and clinical skills in Neuroscience which can be utilized in promoting health services in Nepal and other developing countries.
- Enhance the growth of Physiotherapy profession and practice in Nepal with better service, education and implementation
- Become a life-long learner, evidence-based practitioner, and health promoter

PROFESSIONAL LICENCE:

- Specialist Physiotherapist (Neurology) – Nepal Health Professional Council (Registration number: 10-PHY) [2010-Present)

PROFESSIONAL MEMBERSHIP:

- Nepal Physiotherapy Association (NEPTA): Lifetime member (Registration number: G-135) [2010-Present)

OTHER PROFESSIONAL ROLES:

- September 2015- Till date: Advisory board for Graffiti magazine, KUSMS.
- October 2016- October 2018: Secretary at Nepal Physiotherapy association.
- August 2017 – Till date: Subject committee member at Nepal health professional council, Bansbari, Kathmandu.
- November 2018- Organizing Secretary 'Nepal Physiotherapy Association Conference (NEPTACON) 2018', Dhuikhel and Kathmandu, Nepal, 30th November and 1st December, 2018.
- November 2019 - Organizing member 'Kathmandu University Physiotherapy Conference (KU PHYSIO CON) 2019', Dhulikhel, Kavre, Nepal, 29th and 30th November, 2019.
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PROFILE:

- A highly motivated,skilled, and evidence-basedneurological physiotherapist.
- Dedicated, resourceful and goal-driven educator with a solid commitment to the social and academic growth and development.
- Superior interpersonal and communication skills to foster meaningful relationships with patients, students, staff and parents.
- Committed to facilitate student's research projects into inspiring piece of work with adequate supervision.
- Aptitude to remain flexible, ensuring that every individual's learning styles and abilities are addressed.

STRENGTH:

- Ability to formulate research question using clinical experience with patients.

- Excellent clinical reasoning and problem-solving skills in the area of neurological physiotherapy especially related to stroke and spinal cord injury.
- Ability to plan and put physiotherapy program into practice to meet the goals for better outcome.
- Excellent communication skills.

WORK EXPERIENCE:

- June 2013- March 2020: Lecturer/ Physiotherapist at Dhulikhel Hospital, Kavre, Nepal
- April 2020 – until now: Assistant Professor/ Physiotherapist at Dhulikhel Hospital, Kavre, Nepal
- June 2010- May 2011: Physiotherapist at Stupa Community Hospital, Boudha, Nepal.
- January 2010- January 2011: Physiotherapist at Medicare national hospital, Chabahil, Nepal.

  <u>Responsibilities as a clinical Physiotherapist</u>
  - Treatment of clients with various neurological and psychosomatic problems in neurological in-patient and physiotherapy facilities
  - Sub-acute and chronic care at community by treating patients with multiple neurological problems
  - Clinical education of undergraduate physiotherapy students

  <u>Teaching activities</u>
  1. Teaching various topics in neurological physiotherapy to Bachelors of Physiotherapy students
     a. Basic neurological assessment
     b. Assessment and management of Stroke, Spinal cord injury and Cerebellar disorders
     c. Motor control and motor learning- Introduction, principles and clinical implications
     d. Neuroplasticity and principles of exercise dependent neural plasticity
     e. Therapeutic exercise and Basic treatment techniques in Neurological Physiotherapy
     f. Vestibular diseases and rehabilitation
     g. Various Neurological approaches

h. Evidence based physiotherapy practice

2. Teaching other health professional fields including Bachelors in Medicine and Bachelor in Surgery (MBBS), BSc Nursing, Certificate Nursing etc.

Undergraduate research supervision

- Riwaj Pokhrel - Clinical Presentation and Functional Outcome in left and right hemispheric stroke: A Literature Review. [2019-2021]
- Sami Shakya and Anamika Pudasaini- Early mobilization in stroke and its practice pattern in Nepal: A multi-centre study. [2019-2021]
- Sonu Maharjan - Translation, cross-cultural adaptation and validation of the Nepali version of Sexual Interest and Satisfaction Scale (SIS) on individuals with spinal cord injury: A cross-sectional study. [2019-2021]
- Kriti Poudel and Prakriti Chand - Knowledge of stroke among hypertensive patients in Dhulikhel: A hospital-based cross-sectional study. [2018-2020]
- Bikesh Chaudhary and Sajana Poudel - The physiotherapy workforce and practice patterns in Nepal: A national survey. [2017-2019]
- Asmita Shrestha - Translation and cross-cultural adaptation of the Nepali version of the Rowland universal dementia assessment scale (RUDAS). [2016-2018]
- Manoj Basaula - Inter-rater reliability of Timed Up and Go test in older adults measured by physiotherapist and caregivers. [2016-2018]
- Prakriti Khatri - Determination of change in functional status at admission and at discharge of patients with stroke in Dhulikhel hospital. [2015-2017]
- Mingma Diki Sherpa - Knowledge of dysphagia in Stroke among Nurses working in Dhulikhel hospital: A Cross Sectional Study. [2015-2017]
- Torna Kumar Limbu - Current Practice in Management of Bell's palsy Amongst Physiotherapist in Nepal: A Cross-Sectional Study [2014-2016]
- Bishnu Dutta Acharya - Prevalence of shoulder pain among wheelchair users with paraplegia following spinal cord injury. [2013-2015]

In service presentation

- Monthly journal clubs
- Protocol design for Bell's palsy, a lecture at Dhulikhel hospital, 2017
- Management of Neurological symptoms, a lecture at Dhulikhel hospital, 2016

- Topic entitled “Mirror Therapy- an evidence for rehabilitation”, Dhulikhel hospital, 2015
- Physiotherapy in spinal cord injury, a lecture at Dhulikhel hospital, 2015
- Effects of the Dual AFO on gait parameters in stroke patients, a lecture of journal club at Dhulikhel hospital, 2014
- Protocol design for Hemi-neglect in Stroke, a lecture at Dhulikhel hospital, 2014
- Measurement tools in Stroke, a lecture at Dhulikhel Hospital, 2013
- Management of Dysphagia in Stroke, a lecture at Dhulikhel Hospital, 2013

GRANTS, HONOURS AND ACHIEVEMENTS:

- Bursary: World Confederation for Physical Therapy (WCPT) to attend and present papers at WCPT Congress 2019 in Geneva, 10 – 13July, 2019 [€ 800 and registration waiver].

PAPER PRESENTATION IN CONFERENCES:

- Platform presentation- “Nepal Physiotherapy Workforce and Practice Pattern Survey”, World Physiotherapy Congress 2021 online, 9-11th April, 2021.
- Poster presentation- “Knowledge of Stroke among Hypertensive Patients in Nepal: A Hospital-Based Cross- Sectional Study”, World Physiotherapy Congress 2021 online, 9-11th April, 2021.
- Poster Presentation- “Inter-rater reliability of ‘Timed Up and Go’ (TUG) test in older adults measured by physiotherapist and caregivers”, World confederation of Physical therapy (WCPT) congress, Geneva, Switzerland, 10-13th May, 2019.
- Platform presentation- “Determination of change in functional status at admission and at discharge of patients with stroke in Dhulikhel hospital”, 1st International Nepal stroke association conference (NSAcon), Kathmandu, Nepal, 15th December, 2017.
- Platform presentation- “Effect of unilateral pelvic bridging on symmetrical weight bearing in post stroke patients”, 7th International Nepal physiotherapy association conference (NeptaCon), Kathmandu, Nepal, 18th-23rd November, 2014.

PROFESSIONAL PRESENTATIONS/ENGAGEMENTS:

- Keynote talk on "Stroke Rehabilitation", Nepal Stroke Association CME, Grandee international hospital, Kathmandu, Nepal, 19th October 2022.
- Invited talk on "Vestibular Rehabilitation", Nepal Physiotherapy association (NEPTA) Lumbini CME, Butwal, Nepal, 6th August 2022.
- Drafting, reviewing and finalization of "Curriculum frameworks of medical education", Medical Education Commission, Government of Nepal, Godawari Village Resorts, Lalitpur, Nepal, 1st and 2nd June,2022.
- Drafting, reviewing and finalization of "Accreditation Standards of Bachelor's of Physiotherapy Program", Medical Education Commission, Government of Nepal, 9th May, 2022
- Keynote talk and hands on training on 'Neurologic condition- Stroke' to government physiotherapist of Karnali province, Handicap International, 18th December 2021.
- Invited talk on "Neglected normal side in Stroke", 10th International Physiotherapy Conference of Nepal Physiotherapy Association (NEPTACON-2021) scheduled on 19th and 20th November, 2021.
- Drafting, reviewing and finalization of rehabilitation clinical protocol for neurological condition 'Stroke', Ministry of Health and Population, Government of Nepal, March-April 2021.
- Drafting, reviewing and finalization of "Code of Ethics (Regulation and Practice of Physiotherapy", Nepal Health Professional Council, Government of Nepal, March 2018-April 2021.
- Drafting, reviewing and finalization of "Minimum Requirements For the recognition of Masters of Physiotherapy", Nepal Health Professional Council, Government of Nepal, April- May 2021.
- "Invited talk on "Vestibular Rehabilitation", Annapurna Neurological Institute and Allied Sciences centre (ANIAS) CME, Maitighar Mandala, Kathmandu, Nepal, 12th February, 2021.

- Invited talk on "Evidence based practice and Clinical Reasoning in Physiotherapy", Nepal Health Research Council (NHRC) grant for a Dialogue, Pokhara University, School of Health and Allied Sciences, Lekhnath, Pokhara, Nepal, 26th and 27th February2020.
- Drafting, reviewing and finalization of "Minimum Requirements For the recognition of Bachelors of Physiotherapy", Nepal Health Professional Council, Government of Nepal, January 2018-January 2020.
- Invited talk on "Rehabilitation of Thoraco-lumbar fractures", Nepal Physiotherapy association (NEPTA) CME, Hospital for Children Eye ENT and Rehabilitation Service (CHEERS), Lokanthali, Bhaktapur, Nepal, 15th February2020.
- Invited talk on "Vestibular Rehabilitation", Nepal Physiotherapy association (NEPTA) Eastern chapter CME, Novel Medical College, Biratnagar, Nepal, 8th June 2019.
- Invited talk on "Motor recovery in Stroke", Nepal Stroke Association workshop, Royal Empire Boutique hotel, Kathmandu, Nepal, 9th April 2018.
- Invited talk on "Vestibular Rehabilitation", Nepal Physiotherapy association (NEPTA) CME, Dhulikhel Hospital, Dhulikhel, Nepal, 16th June 2018.
- Invited speaker of panel discussion on "Rehabilitation in Spinal cord injury", Nepal Physiotherapy Association Conference (NEPTACON) 2018, Kathmandu, Nepal, 1st December 2018.
- Keynote talk on "Introduction to Physiotherapy", The art of living workshop for elderly, Dhulikhel hospital, Dhulikhel, Nepal, 17th February 2017.
- Invited talk on "Evidence based management in Stroke", Grandee international hospital, Kathmandu, Nepal Physiotherapy association (NEPTA) CME, Grandee International Hospital, Kathmandu, Nepal, 12th August 2016.

PEER REVIEWED PUBLICATIONS

- **Nepal, GM**, Acharya, RS, Coppieters, MW, et al. The physiotherapy workforce in Nepal: a national survey. *J Eval Clin Pract*. 2022; 1- 14. doi:10.1111/jep.13729
- **Nepal, GM**, Chand P, Poudel K, Acharya SR. Knowledge of stroke among hypertensive patients in Dhulikhel. *Kathmandu Univrsity Medical Journal*.

2022; 20(2):141-46.

- Binaya, K., Kajal, T., Ranjeeta, A.S., **Govinda N.**, Responsiveness of Nepali version of Oswestry Disability Index (ODI) on individuals with non-specific low back pain. *J Patient Rep Outcomes* **5,** 67 (2021). https://doi.org/10.1186%2Fs41687-021-00343 9https://doi.org/10.1186/s41687-021-00343-9
- Adhikari S, Maharjan R, Jakibanjar R, Balla A, Shrestha M, Shalike N, **Nepal G**. Intensive Physiotherapy Interventions in Speedy Recovery of Sub-acute Stroke: A Case Series. J Lumbini Med Coll [Internet]. 2020;8(2):275-80. https://doi.org/10.22502/jlmc.v8i2.375
- **Nepal, G.M**., Sherpa, M.D. Knowledge of Dysphagia in Stroke among Nurses working in Tertiary Care Hospital. *Kathmandu Univrsity Medical Journal*. 2019; 66(2):126-30.
- **Nepal GM**, Basaula M, Sharma S. Inter-rater reliability of Timed Up and Go test in older adults measured by physiotherapist and caregivers. *European Journal of Physiotherapy*. 2019:1-7.https://doi.org/10.1080/21679169.2019.1623313
- **Nepal GM**, Shrestha A, Acharya R. Translation and cross-cultural adaptation of the Nepali version of the Rowland universal dementia assessment scale (RUDAS). *Journal of Patient-Reported Outcomes*. 2019;3(1):38. https://doi.org/10.1186/s41687-019-0132-3

ONGOING RESEARCH:

- Clinical Presentation and Functional Outcome in left and right hemispheric stroke: A Literature Review.
- Early mobilization in stroke and its practice pattern in Nepal: A multi-centre study.
- Translation, cross-cultural adaptation and validation of the Nepali version of Sexual Interest and Satisfaction Scale (SIS) on individuals with spinal cord injury: A cross-sectional study.

CLINICAL POSTINGS IN BANGALORE:

- National Institute of Mental Health and Neurosciences (NIMHANS)
- Employees' State Insurance Corporation Model Hospital (ESICMH)
- Parijma Neuro-diagnostic and Rehabilitation Centre
- Ravi Kirloskar Memorial Hospital

- Sumanahalli Leprosy Rehabilitation Centre

ENROLLMENTS IN TRAININGS, SEMINARS, CONFERENCES:

2021

- Nepalese Society of Neurosurgeons (NESON) Symposium on "spine health program", Kathmandu, 27th of November 2021 (Panel discussion)
- 10th International Physiotherapy Conference of Nepal Physiotherapy Association (NEPTACON-2021) scheduled on 19th and 20th November, 2021. [Credit duration: 2 days]
- Nepal Stroke Association (NSA) CPD on " Stroke management: beyond the basics", Kathmandu, 23rd October, 2021(Chairperson)
- International Stroke Conference 2021 (AHA/ASA conference), 17th -19th March, 2021
- World Physiotherapy Congress 2021 online, 9-11th April, 2021.

2019

- World confederation of Physical therapy (WCPT) congress, Geneva, Switzerland, 10-13th May, 2019.
- Workshop on "Intervention Module in general Physiotherapy Practice", conducted by Dr. Patricia E. Sullivan, PT, PhD, organized by Kathmandu University school of Medical Sciences, Dhulikhel, Nepal, 23rd April, 2019. [Credit duration: 6 hours]

2018

- Workshop on "Stroke Rehabilitation an update" conducted by Nepal stroke association in Kathmandu, Nepal on 9th April 2018. [Contact hours:3]
- Workshop on "LiteGait Therapy: Rationale and Demonstration" conducted by mobility research institute of continuing education in Kathmandu, Nepal on 27th July 2018. [Credit hours : 9]
- "Training workshop on qualitative methods and data analysis process in cardiovascular related health research" conducted by Nepal Health Research Council (NHRC), Ramshah Path, Kathmandu, Nepal, 13th -17th September 2018. [Credit points : 16]

- Workshop on “Physiotherapy clinical educator’s training” conducted by Kathmandu University school of Medical Sciences, Dhulikhel, Nepal, 30th September 2018. [Credit duration: 3 hours]
- 9th International Physiotherapy Conference of Nepal Physiotherapy Association (NEPTACON-2018) scheduled on 30th November and 1st December, 2018. [Credit duration: 2 days]
- Hands on training on “Spinal cord Injury Management”, organized by Spinal Injury Sangh Nepal in Sanga, Nepal on 17th -19th December 2018. [Credit duration: 3 days]

2017

- Workshop on “Physiotherapy clinical educator’s training” conducted by Kathmandu University school of Medical Sciences, Dhulikhel, Nepal, 7th October 2017. [Contact hours: 3]
- Workshop on “ Strengthening the skill in lecture method and developing questions for student evaluation” conducted by Prof. Richard O. Marz, PhD and Prof. Michael Schmidts, PhD, organized by Kathmandu University school of Medical Sciences, Dhulikhel, Nepal,12th-13th November, 2017. [Contact hours: 14]

2016

- Observational training on “ Recent advances in Neurological Rehabilitation” at Epworth Rehabilitation, Melbourne, Australiaon 25th January – 19th February, 2016. [26 days]
- Workshop on “Mulligan Concept – Introduction, Upper Quadrant and Lower Quadrant” conducted by Jack Miller (Accredited Mulligan Concept Teacher - Canada) in Kathmandu University School of Medical Sciences, Dhulikhel, Nepal on 19th – 21stMarch, 2016 [3 days]
- Workshop on “Retraining gait and higher level mobility” conducted by Dr. Gavin Williams, PT, PhD, organized by Nepal Physiotherapy Association, Dhulikhel, Nepal, 16th November, 2016.[Credit hours: 6]
- Workshop on “Spasticity management” conducted by Dr. Gavin Williams, PT, PhD, organized by Nepal Physiotherapy Association, Dhulikhel, Nepal, 17th November, 2016. [Credit hours: 3]

- Workshop on “Improving Clinical decision making”, conducted by Dr. Patricia E. Sullivan, PT, PhD, organized by Nepal Physiotherapy Association, Dhulikhel, Nepal, 17th November, 2016. [Credit hours: 3]
- 8th International Physiotherapy Conference of Nepal Physiotherapy Association (NEPTACON-2016) on 18th and 19thNovember, 2016. [Credit hours: 16]

2015

- Workshop on “General Therapeutic Exercises” conducted by Dr. Patricia E. Sullivan, PT, PhD, organized by Kathmandu University School of Medical Sciences, Dhulikhel, Nepal, 3rd February, 2015. [Credit Hours: 6]
- 14thAsian spinal cord network conference on 3rd -5th December, 2015. [Credit hours: 24]

2014

- Workshop on “ Evidence based Physiotherapy approach to common shoulder complex disorders” conducted by Guy G. Simoneau, PT, PhD, organized by Nepal Physiotherapy Association, Dhulikhel, Nepal, 22nd March, 2014. [Credit Hours: 6]
- Workshop on “Stroke Rehabilitation”, conducted by Dr. Patricia E. Sullivan, PT, PhD, organized by Kathmandu University School of Medical Sciences, Dhulikhel, Nepal, 1st -2nd May, 2014. [Credit Hours: 10]
- Workshop on “Treatment of patients with low back dysfunction”, conducted by Dr. Nancy DeMuth, PT, DPT, organized by Kathmandu University School of Medical Sciences, Dhulikhel, Nepal, 4th -5th May, 2014. [Credit Hours: 10]
- Workshop on “WHO Wheelchair service familiarization training- Intermediate level”, Organized by Handicap International Nepal, Biratnagar, Nepal, 20th -23rd July, 2014. [Total duration: 4 days]
- Workshop on “Band, Balls and Balance”conducted by Dr.Mahendra Kumar Yadav (Theraband Academy Advanced Instructor), organized by Nepal Physiotherapy Association, Dhulikhel, Nepal, 18th – 19th November, 2014. [Credit Hours: 14]
- 7th International Physiotherapy Conference of Nepal Physiotherapy Association (NEPTACON-2014) on 21stand 22ndNovember, 2014. [Credit hours: 16]

- Seminar on "Neuroscience", organized by Dhulikhel Hospital, Dhulikhel, Nepal, 25th -26th November, 2014. [Credit Hours: 6]

2013

- 51st Annual Conference of the Indian Association of Physiotherapists (IAP), Kala Academy, Goa, India, 22nd -24th February, 2013. [Total duration: 3 days]
- Workshop on "Spinal cord injury rehabilitation", organized by Spinal Injury Rehabilitation Centre Sanga, Nepal, 24th -25th November, 2013. [Total duration: 2 days]
- Workshop on "Physiotherapy clinical educator's training" conducted by Kathmandu University school of Medical Sciences, Dhulikhel, Nepal, 1st December 2013. [Contact hours: 4]

2012

- Symposium on Pulmonary Rehabilitation, Bangalore, India.

2011

- Workshop on "First Aid and BLS (CPR)", organized by Paramedics Research Institute for Management of Emergencies (PRIME), Bangalore, India, 19th September, 2011. [Contact hours: 6]

2010

- 1st Physiotherapist Society of Nepal Conference (PSNCON), on 27th February, 2010. [Total duration: 1 day]
- 5th Physiotherapy Conference of Nepal Physiotherapy Association (NEPTACON-2010) on 20th and 21st November, 2010. [Credit hours: 16]

2007

- Seminar on "Physiological and Biomechanical Benefits of step aerobics as a Cardio-Vascular Activity", organized by Goutham College of Physiotherapy, Bangalore, India, 10th January, 2007. [Contact hours: 3]
- Workshop on "Mobilization of the Nervous System", conducted by Dr. Michel Coppieters, PhD, PT, Senior NOI course Instructor, Neuro Orthopedic Institute, Australia, organized by Federation of Indian Manual Therapists (FIMT), Bangalore, India, 19th August, 2007. [Credit hours: 6]

ORGANIZING ROLES:

- Appointed as Conference Secretariat for 8th International Physiotherapy Conference of Nepal Physiotherapy Association (NEPTACON-2018) scheduled on 30th November and 1st December, 2018.
- Organizer for Clinical Educators' Workshop for clinical supervisors of Bachelor of Physiotherapy students at Kathmandu University School of Medical Sciences, Dhulikhel, Nepal – Years 2016, 2017, 2018.
- Organizer for Workshop on "Retraining gait and higher level mobility" conducted by Dr. Gavin Williams, PT, PhD, organized by Nepal Physiotherapy Association, Dhulikhel, Nepal, 16thNovember, 2016.
- Organizer for Workshop on "Spasticity management" conducted by Dr. Gavin Williams, PT, PhD, organized by Nepal Physiotherapy Association, Dhulikhel, Nepal, 17th November, 2016.
- Organizer for Workshop on "Improving Clinical decision making", conducted by Dr. Patricia E. Sullivan, PT, PhD, organized by Nepal Physiotherapy Association, Dhulikhel, Nepal, 17th November, 2016.
- Organizer for Workshop on "General Therapeutic Exercises" conducted by Dr. Patricia E. Sullivan, PT, PhD, organized by Kathmandu University School of Medical Sciences, Dhulikhel, Nepal, 3rd February, 2015.
- Organizer for Workshop on "Stroke Rehabilitation", conducted by Dr. Patricia E. Sullivan, PT, PhD, organized by Kathmandu University School of Medical Sciences, Dhulikhel, Nepal, 1st -2nd May, 2014.

AWARDS AND TROPHIES:

- 3rd place in 400 meters sprint, conducted by Padmashree Institute of Physiotherapy, 23rd January 2006.
- 2nd place in 200 meters sprint, conducted by Padmashree Institute of Physiotherapy, 5th February 2007.
- Scholarship for "MBBS preparation class" at NAME institute of medical education as a best outgoing student of "The New Summit college", Putalisadak, Kathmandu, January 2004.

HOBBIES: Outdoor activities, such as Travelling, Swimming, Hiking, rafting.

PERSONAL DETAILS:

- DOB: 02/05/1986.

- Nationality: Nepalese.
- Marital status: Married.

The above-mentioned information is correct to the best of my knowledge. References and further information can be provided upon request.

Govinda Mani Nepal

7th December 2022