

Date Prepared: 04/17/2019

Name: Shreedhar Paudel

Office Address: Massachusetts General Hospital
55 Fruit Street, Boston, MA 02114

Education:

1998	CMLT	Institute of Medicine, Tribhuvan University, Kathmandu, Nepal Certificate in Medical Laboratory Technology (CMLT)
2008	MBBS	Institute of Medicine, Tribhuvan University, Kathmandu, Nepal
2012	MPH	Mount Sinai School of Medicine, New York City, NY (Thesis: Impact of mental health training on village health workers regarding clinical depression in rural India)

Postdoctoral Training:

07/13 – 06/17	Resident, Department of Psychiatry, Berkshire Medical Center, Pittsfield, MA 01201
07/17- 06/2018	Clinical fellow, Public and Community Psychiatry, Massachusetts General Hospital, Boston, MA 02114

Faculty Academic Appointments:

03/09 – 07/09	Instructor, Department of Pediatrics, Taishan Medical University, Taishan, China
09/12 – 03/13	Instructor, Clinical Epidemiology, Mount Sinai School of Medicine, New York
07/16 – 10/16	Junior Attending, Community Psychiatry, The Brien Center, Pittsfield, MA 01201
07/16-06/17	Chief Resident, Department of Psychiatry, Berkshire Medical Center, Pittsfield, MA 01201
01/18- 06/18	Graduate Assistant, Department of Psychiatry, Massachusetts General Hospital, Boston, MA
07/18- Present	Instructor, Harvard Medical School, Boston, MA

Appointments at Hospitals/Affiliated Institutions:

01/98-11/01	Medical Laboratory Technician, Department of Microbiology, Tribhuvan University Teaching Hospital, Kathmandu, Nepal
10/10-5/13	Editor/medical terminology worker, Millennium Villages Project (MVP), Columbia University, New York

07/18- Present Psychiatrist, Massachusetts General Hospital, Harvard Medical School, Boston, MA

Major Administrative Leadership Positions:

Local

03/03-03/05 General Secretary, Free Students' Union, Institute of Medicine, Tribhuvan University, Nepal

05/11 – 05/13 Executive Member, NYC Chapter, Physicians for Social Responsibility

National

12/02 – 07/07 President and Co-founder, Creation of Awareness for Development, Nepal

07/03 – 12/05 General Secretary, Technical Students' Association of Nepal (TSAN)

12/05 – 8/07 Executive President, Technical Students' Association of Nepal (TSAN)

International

2009 – 2012 Intern, International Society of Doctors for Environment

2012 – 2018 Chief of Executive Committee, Executive Director and Co-founder, Health Foundation Nepal, USA, *Healthfoundationnepal.org*

2015 – 2018 Chief Coordinator for Fundraising and Disaster Relief Work for Earthquake and Flood Victims of Nepal, Health Foundation Nepal, USA

2018 - Present Director, community mental health projects in Nepal. Health Foundation Nepal, USA

Committee Service:

Local

2014-2016 Residency Selection Committee, Department of Psychiatry, Berkshire Medical Center, Pittsfield, MA

2015 – 2016 GME Executive Faculty Committee, Berkshire Medical Center, Pittsfield, MA

2018 - Present Patient safety and quality committee, Charlestown HealthCare Center - Massachusetts General Hospital

Professional Societies:

2013- Present American Psychiatric Association

2013- Present Massachusetts Psychiatric Society

2013- Present American Medical Association

2002- Present Physicians for Social Responsibility

Editorial Activities:

Ad hoc Reviewer

International Journal of Culture and Mental Health
Psychosomatics

Other Editorial Roles

2000 – 2001 Editor, JONAMLS (a scientific publication of Nepal Association for Medical Laboratory Sciences)
2003 – 2007 Editorial Advisor, TSAN Voice vol.5 - vol.11, a biannual publication of Technical Students' Association of Nepal (TSAN)

Honors and Prizes:

2014	Outstanding Poster	Berkshire Medical Center	Research
2017	Outstanding Poster	Berkshire Medical Center	Research

Report of Funded and Unfunded Projects

Funded Current Projects

04/18 – Present Co-Investigator (PI: Oliver Freudenreich, MD)
A Double-blind, Randomized, Active-controlled, Parallel group Study of Paliperidone Palmitate 6-Month Formulation
06/18 – Present Co-investigator (PI: Oliver Freudenreich, MD)
A multi-center, randomized, controlled trial of brexpiprazole for the treatment of co-occurring schizophrenia and substance use disorder
07/18 – Present Co-investigator (PI: Efren Flores, MD)
Reducing Disparities in Lung Cancer Screening for Individuals with Serious Mental Illness: A Pilot Study of Targeted, Group Shared Decision-Making to Increase Lung Cancer Screening

Unfunded Current Projects

02/18 - Present Research Adviser (PI: SaraswatiDhungana, MD, Rajan Paudel, MPH)
Community Assessment and Evaluation to Improve Mental Health Care in Resource Poor Communities of Nepal
04/19 - Present Principal Investigator
Subjective report of cognitive function and quality of life among people with schizophrenia spectrum disorder: A retrospective study
Massachusetts General Hospital

Unfunded Past Projects

07/02 – 09/02 Co-investigator (PI: MadhuDevkota, MD)
Comprehensive Community Health Diagnosis of Lele Village, Institute of Medicine, Tribhuvan University, Kathmandu, Nepal

- 03/04 – 09/04 Principal Investigator
Study of Knowledge, Attitude and Practice of High School Students on Japanese Encephalitis
Creation of Awareness for Development, Nepal
- 01/06- 03/06 Co-investigator (PI: ChitraBahadurGurung, MPH)
Epidemiological Trend Analysis of Malaria in Jhapa District of Nepal
Institute of Medicine, Tribhuvan University, Nepal
- 05/11 – 01/12 Lead Researcher and Co-investigator (PI: Craig Katz, MD)
Impact of Mental Health Training on Village Health Workers Regarding Clinical Depression in Rural India
Mount Sinai School of Medicine, New York
- 02/14 – 04/15 Lead Researcher and Co-investigator (PI: Liliana Markovic, MD)
Analysis of Antipsychotic Polypharmacy at Berkshire Medical Center: A Cross Sectional Study
Berkshire Medical Center, Pittsfield, MA
- 04/15 – 12/15 Lead Researcher and Co-investigator (PI: Liliana Markovic, MD)
Analysis of the Risk Factors for Patients on Antipsychotic Polypharmacy at Berkshire Medical Center: A Retrospective Study
Berkshire Medical Center, Pittsfield, MA
- 02/16 – 10/16 Co-investigator (PI: Mary O'Malley, MD, PhD)
Evaluation of the Impact of Lunar Cycle on Psychiatric Crisis Visits in a Community Hospital
Berkshire Medical Center, Pittsfield, MA
- 03/16 – 01/17 Lead researcher and co-investigator (PI: Liliana Markovic, MD)
Effectiveness of Antipsychotic Polypharmacy in Inpatient Psychiatry Units of Berkshire Medical Center: A Historical Cohort Study
Berkshire Medical Center, Pittsfield, MA
- 07/15 – 06/18 Lead researcher and Co-investigator (PI: Melinda Randall, MD)
Effectiveness of a Shared Decision Making (SDM) Program for People with Severe and Persistent Mental Illness: A Longitudinal Study
The Brien Center, North Adams, MA

Report of Local Teaching and Training

Local Invited Presentations:

No presentations below were sponsored by outside entities

- 12/2015 Analysis of Antipsychotic Polypharmacy: Perspective from Berkshire Medical Center, Psychiatry Grand Rounds, Berkshire Medical Center, Pittsfield, MA
- 8/2016 Community Rogers Order and Its Utilization to Manage People with Severe Mental Illness, Community Based Flexible Supports, The Brien Center, Pittsfield, MA
- 10/2016 Outcome of Shared Decision Making Program on Quality of Life, Medication Adherence and Decisional Conflict among People Receiving Community Based Flexible Supports (CBFS): A Longitudinal Study, Psychiatry Grand Rounds, Berkshire Medical Center, Pittsfield, MA
- 06/2017 Antipsychotic Polypharmacy and Its Impact on Health Care Utilization: A Historical Cohort Analysis, Psychiatric Grand Round, Berkshre Medical Center, Pittsfield, MA
- 06/2017 Humanitarian Effort in Establishing the First Psychiatric Rehabilitation Center in Rural Nepal, CBFS Grand Round, The Brien Center, North Adams, MA

- 03/2019 Community Mental Health Initiatives of Health Foundation Nepal in Rural Nepal: Working Towards Maternal-Child Mental Health, Massachusetts General Hospital's Chester M. Pierce, MD Division of Global Psychiatry, Boston
- 5/2019 High Quality Care in the Outpatient Setting, Schizophrenia and Bipolar Depression Institutional Preceptorship, MGH psychiatry academy, Boston

National Invited Presentations:

No presentations below were sponsored by outside entities

- 3/2001 *Correlation of Syphilis ELISA and TPHA on RPR Positive Samples*, Scientific Conference of Association of Medical Laboratory Scientists, Nepal, Lalitpur, Nepal
- 6/2004 *Nuclear Arms Race in South Asia: Role of Physicians in Peace and Health Efforts*, Physicians for Social Responsibilities, Kathmandu, Nepal
- 5/2015 Disaster Relief Activities of Health Foundation Nepal for Earthquake Survivors in Nepal, Health Foundation Nepal Conference, Reading Hospital, PA
- 6/2016 Outcome of Home-Based Nutritional Rehabilitation Program for Children with Severe Malnutrition in Rural Nepal, Health Foundation Nepal Conference, Rhode Island Hospital, RI
- 3/2019 Translating Ideas in to Action: Project highlights of Health Foundation Nepal, Upstate Medical University, Syracuse, NY
- 5/2019 Stigma to Empowerment: Mental Health Policy and Services in Nepal, annual conference of America Nepal Medical Foundation (ANMF), Virginia, USA
- 5/2019 Improving Healthcare through Innovation and Technology: Community Mental Health Initiatives in Nepal, annual conference of Health Foundation Nepal, Rochester General Hospital, NY

International Invited Presentations:

No presentations below were sponsored by outside entities

- 07/2018 Key leadership skills to run non-profit organizations. International literary society, New Hampshire, USA.
- 01/2019 Reducing stigma against mental illnesses and improving access of mental health services in primary health care centers in rural Nepal. HFN Mental Health Workshop, Dang, Nepal
- 01/2019 Managing common mental illnesses in rural Nepal: One day orientation training to primary health care providers in rural Nepal. Health Foundation Nepal, Dang, Nepal.
- 01/2019 Basic skills on Cognitive Behavior Therapy for psychosocial counselors and psychology graduates practicing in rural Nepal. Kumudini Nepal, Kathmandu, Nepal.

Report of Clinical Activities and Innovations

Current Licensure and Board Certification:

- 2017 Massachusetts Medical License
- 2018 American Board of Psychiatry and Neurology board certification

Report of Scholarship

Peer reviewed scholarship in print or other media: Research Investigations

Paudel S, Sharma B N, Shrestha M, Jha B, Dahal R K, Tuladhar N R, Sharma C. Correlation of Syphilis ELISA and TPHA on RPR Positive Samples. Journal of Nepal Association for Medical Laboratory Sciences. 2001 Mar; 3(3): 04-08.

Paudel S, Gilles N, Katz C, Hexom B, Premkumar R, Arole S, Hahn S. (2012, June). *Impact of Mental Health Training on Village Health Workers Regarding Clinical Depression in Rural India*. Community Mental Health Journal. 2014 May; 50(4):480-6. doi: 10.1007/s10597-013-9630-6. Epub 2013 Jun 12.

Paudel S, Sharma N, Joshi A, Randall M. Development of a Shared Decision Making Model in a Community Mental Health Center. Community Mental Health Journal. 2017 Apr 4. doi: 10.1007/s10597-017-0134-7. [Epub ahead of print].

Paudel S, Dahal R, Arjyal S, Mathias J, Markovic L. Evaluation of Risk Factors for Antipsychotic Polypharmacy in Inpatient Psychiatry Units of a Community Hospital: A Retrospective Analysis. Community Mental Health Journal. 2019 February 25. doi: 10.1007/s10597-019-00381-0. [Epub ahead of print]

Non-peer reviewed scientific or medical publications/materials in print or other media:

Proceedings of meetings or other non-peer reviewed scholarship

Paudel S, Ghimire P, Dhungana S, Panthee N, Acharya KP, Bhatt VR, Lohani S. (2002, September 15). A Report on Community Diagnosis Field Study of Lele Village Development Committee, Lalitpur. *Medical Student Field Report, Institute of Medicine, Tribhuvan University, Nepal*.

Paudel S, Pun MR, Adhikari MR, Shrestha P. (2004, September 24). A Report on Study of Knowledge, Attitude and Practice of High School Students of Dang District on Japanese encephalitis, Nepal. Study Report of Creation of Awareness for Development, Nepal.

Paudel S, Ghimire P, Dhungana S, Panthee N, Acharya KP. (2004, May 15). A Report on Family Health Survey. *Medical Student Field Report, Institute of Medicine, Tribhuvan University, Nepal*.

Paudel S, Ghimire P, Dhungana S, Panthee N, Pun MR, Sah S. (2006, March 15). A Report on District Health Management Field Program. *Medical Student Field Report, Institute of Medicine, Tribhuvan University, Nepal*.

Abstracts, Poster Presentations and Exhibits Presented at Professional Meetings:

Paudel S, Basel P, Adhikari MR, Wagle KC, Paudel R, Bhatt VR, Trotter A. (2014, June). *Evaluation of Knowledge and Practice of Community Health Workers Regarding Maternal and Child Health in Underserved Communities of Nepal*. Resident Research Day, Berkshire Medical Center, Pittsfield, MA.

Arjyal S, Paudel S, Markovic L. (2015, June). *A study of different variables associated with the use of multiple antipsychotics*. Resident Research Day, Berkshire Medical Center, Pittsfield, MA.

Paudel S, Arjyal S, Markovic L. (2015, June). *Analysis of Multiple Antipsychotic Medications use in Inpatient Psychiatric Units of Berkshire Medical Center: Are We on Board?* Resident Research Day, Berkshire Medical Center, Pittsfield, MA.

Paudel S, Arjyal S, Markovic L, Garner L. (2016, May). *Evaluation of Risk Factors for Antipsychotic Polypharmacy in Patients Admitted to Inpatient Psychiatry Units: A Retrospective Analysis*. APA conference, Atlanta, 2016.

Dahal R, Paudel S, Carter J. (2016, June). *Integration of primary care: A flip side*. Resident Research Day, Berkshire Medical Center, Pittsfield, MA.

Paudel S, Arjyal S, Markovic L, Garner L. (2016, October). *Evaluation of Risk Factors for Antipsychotic Polypharmacy in Patients Admitted to Inpatient Psychiatry Units: A Retrospective Analysis*. IPS-APA conference, Washington DC.

Dahal R, Paudel S, Kovacevic N, Katta S, Markovic L. (2017, May). *Antipsychotic Polypharmacy and its Impact on Healthcare Utilization: Historical Cohort Analysis*. APA Conference San Diego.

Paudel S, Dahal R, Randall M. (2017, May). *Evaluation of quality of life and medication adherence among people struggling with severe and persistent mental illness*. APA Conference San Diego.

Dahal R, Paudel S, Kovacevic N, Katta S, Markovic L. (2017, June). *Antipsychotic Polypharmacy and its Impact on Healthcare Utilization: Historical Cohort Analysis*. Resident Research Day, Berkshire Medical Center, Pittsfield, MA.

Paudel S, Robillard J, Freudenreich O, Dahal R, Randall M. (2017, October). *Share and Share Alike: Integrating Shared Decision Making into a Community Mental Health Center*. IPS-APA Conference, New Orleans).

Paudel S, Flores E, Park ER, Irwin K. (2018, March). *Reducing Disparities in Lung Cancer Screening for Individuals with Serious Mental Illness: A Pilot Study of Targeted, Group Shared Decision-Making to Increase Lung Cancer Screening*. Massachusetts General Hospital, Boston.

Paudel S, Coman D, Sigdel M, Gorman B, Mulligan C, MacLaurin S, Freudenreich O. (2018, May). *Subjective experience of cognitive function and quality of life among people with schizophrenia spectrum disorder: A cross-sectional study*. APA conference, New York City.