

Abha Sharma

Tokha-8, Kathmandu Nepal, +977-9868153654

link2abha9@hotmail.com, abhaiser@outlook.com

CURRICULUM VITAE

Date of birth: 1988-02-19

Place of birth: Rampur-1, Dang, Nepal.

Citizenship: Nepali

Postdoctoral Fellow, Institute of Social and
Environmental Research- Nepal

“CVFS-Study of Cognition and Aging Nepal
(CVFS-SCAN)”

Ph.D. (Nursing Science)

Research area: Nursing, Global Health, Community Health Nursing, Breast Cancer
Survivorship, Psycho-oncology, Dyadic Intervention, Aging, Mental health

Education

- 2019 August- **Doctor of Philosophy Program in Nursing Science**
2023 March **(International Program),**
Faculty of Medicine Ramathibodi Hospital and Faculty of Nursing,
Mahidol University, Thailand
Thesis: Effects of Dyadic Psychoeducational Intervention in Reducing Psychological
Distress and Enhancing Quality of Life among Breast Cancer Survivors in Nepal
- 2011-2014 **Masters in Nursing,**
Xiangya School of Nursing, Central South University, Hunan, P.R. China.
Specialty: Community Health Nursing
Master’s thesis: Psychological morbidity and posttraumatic growth among women with
breast cancer in Nepal.
- 2006-2010 **Bachelor of Science in Nursing,**
Scheer Memorial Hospital Medical Institute, School of Nursing, Kathmandu University,
Nepal.
Bachelor’s thesis: Knowledge regarding mother to child transmission of HIV/AIDS among
pregnant women attending Rapti sub regional hospital, Dang, Nepal
- 2004-2006 **Intermediate level in sciences (10+2, science),**
Caspian Valley Higher Secondary School, Lalitpur, Nepal. Higher Secondary Education

Board (HSEB), Nepal.

2004 **School leaving certificate (SLC)**, Janajyoti Vidyamamnir, Dang, Nepal

Publication

Sharma, A., & Zhang, J. P. (2014). Risk factors and symptoms of uterine prolapse: reality of Nepali women. *Asian Women*, 30(1), 81-95.

Sharma, A., & Zhang, J. (2015). Depression and its predictors among breast cancer patients in Nepal. *J psychiatry*, 16, 1.

Sharma, A., & Zhang, J. (2017). Predictors of post traumatic growth among breast cancer patients in Nepal. *Asian Pacific Journal of Health Sciences*, 4(2), 9-17.

Sharma, A., Saneha, C., & Phligbua, W. (2021). Effects of dyadic interventions on quality of life among cancer patients: an integrative review. *Asia-Pacific Journal of Oncology Nursing*, 8(2), 115-131.

Sharma, A., Pradhan, J., & Adhikari, R. (2022). Lifestyle Pattern among Nepalese Migrant Workers in Gulf Countries and Malaysia. *International Journal of Nursing Education*, 14(2).

Sharma, A., Arpanantikul, M., & Asdornwised, U. (2022). Nursing Knowledge Development from the Standpoint of Philosophical and Methodological Perspective. *International Journal of Nursing Education*, 14(3).

Aisah, S., Setyawati, D., Ernawati, E., Rachmawati, A. R., Winahyu, K. M., & Sharma, A. (2023, April). The Duration of Using ARV Therapy and the Incidence of Anemia in People Living with HIV/AIDS (PLWHA). In *1st Lawang Sewu International Symposium 2022 on Health Sciences (LSISHS 2022)* (pp. 93-102). Atlantis Press.

Sharma, A., Sriyuktasuth, A., Phligbua, W., & Vongsirimas, N. (2023). Quality of life of spousal caregivers of breast cancer survivors: A cross-sectional analytical study from Nepal. *Cancer Research, Statistics, and Treatment*, 6(3), 376-383.

Conference Presentation:

Abstract presentation done in the topic 'Predictors of post traumatic growth among breast cancer patients in Nepal' in 10th European Breast Cancer Conference (EBCC-10) in Amsterdam, Netherlands, 9-11 March 2016.

Abstract presentation done in 11th European Breast cancer conference, March 21-23, 2018, Barcelona, Spain

Abstract presentation done in International Conference- Nergizing Nursing Profession for NCD Challenges, Prince Palace Hotel, Bangkok, Thailand

Abstract presentation done in Eight National Summits of Health And Population Scientists of Nepal, organized by Nepal health research council

Abstract presentation done in National Nursing Conference for Nursing Scholars 2023.

Training and Conference

2011	Critical Care Nursing Course Summer
2016	<u>10th European Breast Cancer Conference (EBCC-10) in Amsterdam, Netherlands</u>
2016	<u>Diploma in global health</u> National global health course, IOM with affiliation to Tampere University, Finland. 5 European credit hours
2016	<u>Training on 'The struggle for health in South Asia-An alternative Thinking for solutions'</u> International Peoples Health University (IPHU) and Peoples Health National Coordination Committee (PHM Nepal)

- 2017 **Third National summit of health and population scientists in Nepal-
Health on sustainable development goals: Are we on track?**

Government of Nepal, Nepal Health Research Council.
- 2018 **Empower 2018; Youth and effective citizenship, March 15-17,2018**
Reach out to Asia 10th annual youth conference.

11th European Breast cancer conference, March 21-23, 2018, Barcelona, Spain
- 2018 **CME cum Hands on Workshop on Medical Research andScientific
writing-May2-4,2018**

JF Institute of health sciences and University
Grant Commission, Nepal
- 2018 **Workshop on ‘Data and the stories it can tell: Strengtheningthe Air
Quality Narrative in Nepal.’ Air south Asia andClean up Nepal. August
13-15, 2018.**
- 2020 January **International Conference- Nergizing Nursing Profession forNCD
Challenges, Prince Palace Hotel, Bangkok, Thailand**
- 2020 January **Winter course 2020; Mental health challenges in Millennial era
Yogyakarta, Indonesia. Faculty of Medicine, Public Health and Nursing
(60 hours) University of Gadjah Mada. 13-24th January, 2020**
- 2021, 1-6 **18 CPD credit points of training workshop on systematic reviewand
August meta-analysis. Nepal health research council.**
- 2021 **Diploma in Psycho-social counseling (6 months training)**
- 2023 **National Nursing Conference for Nursing Scholars, Nepal**

Professional Membership

Nepal Nursing Council – Registered Nurse in 2010 AD.

Registration number: 14337

Lifetime member of Nursing Association of Nepal

Member of Phi Omega at-Large Chapter of Sigma Theta Tau International Honor Society of Nursing (Sigma).

Received scholarship from China Scholarship Council for Master education.

Received scholarship ‘Postgraduate scholarship for international students’ from Mahidol University for PhD

Received faculty research grant from University Grant Commission, Nepal as a PI
Experiences

2011 January -2011 August	Registered Nurse, Kist Medical College, Department of Nephrology
2015 Aug.- 2018 December	Assistant Professor, in community health nursing, Jana-maitri Foundation Institute Of Health Sciences, Hattiban , Lalitpur, Nepal. Program coordinator of B.sc nursing 1 st year. Conduct community diagnosis program in various communities along with students. Clinical supervision of B.sc nursing 1 st year students. Research advisor of B.sc nursing final year students.
December 2018 to August 2019	Lecturer at Norvic Institute of Nursing Education (Responsibilities same as above)

Completed
research of students
supervised by me

- Health seeking behavior during illness among Thami community residing in selected wards, Dolakha, Nepal
- Anxiety and depression among patient receiving chemotherapy in selected hospital of Bhaktapur
- Awareness and prevalence of school bullying among secondary level students in Kathmandu valley
- Knowledge and prevalence of computer vision syndrome among IT students of Kathmandu valley
- Knowledge regarding adverse effects of pesticide on health among farmers of Jhapa
- Exam anxiety among higher secondary level students of selected college of Kathmandu valley
- Knowledge and attitude regarding family planning among Muslim men residing in Mahottari district
- Knowledge and practice of carcinogenic foods among secondary level students
- Prevalence of tattooing and knowledge regarding its possible health effects among people of Newar community in Bhaktapur district
- Knowledge and practice regarding sleep hygiene among nursing faculty of selected private college
- Cigarette smoking and its associated factors among lower secondary level students.
- Knowledge regarding medication abortion among pharmacy workers of Maharajgunj, Kathmandu
- Knowledge regarding chemotherapy among nurses in selected hospital of Kathmandu

Language:

Nepali

English (IELTS overall score 7, listening 8, reading 7, writing 6, speaking 7), Hindi and Chinese

References:

Bishnu Rai, Dean, Scheer Memorial Hospital Medical Institute, Nursing College, Banepa, Nepal 977-11-661711

Ambika Adhikari, Nursing director, Kist Medical College, Lalitpur, Nepal

977-1-5201682

Dr Jing Ping Zhang, Associate Dean, Central South University, School of Nursing, Hunan, P.R. China +8613873127168

Professor Radha Ranabhat, Principal, Janamaitri Foundation Institute of healthsciences 01-5250123

Mrs. Sunita Bhandari, Campus Chief in Norvic Institute of Nursing Education

01-4017577, 9842456822

Assoc. Prof. Aurawamon Sriyuktasuth, D.S.N. Department of Medical Nursing,

Faculty of Nursing, Mahidol University, Thailand, E-mail: aurawamon.sri@mahidol.ac.th

Asst. Prof. Warunee Phligbua, Ph.D. (Nursing), Department of Medical Nursing, Faculty of

Nursing, Mahidol University, Thailand, E-mail: warunee.phl@mahidol.ac.th

Assoc. Prof. Nopporn Vongsirimas, Ph.D. (Nursing), Department of Psychiatric-Mental Health

Nursing, Faculty of Nursing, Mahidol University, Thailand, E-mail: nopporn.von@mahidol.edu