

BIOGRAPHICAL SKETCH

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NAME Shrestha, Sachet Prabhat	POSITION TITLE Professor in Ophthalmology		
eRA COMMONS USER NAME S P Shrestha			
EDUCATION/TRAINING <i>(Begin with baccalaureate or other initial professional education, such as nursing, and include postdoctoral training.)</i>			
INSTITUTION AND LOCATION	DEGREE <i>(if applicable)</i>	YEAR(s)	FIELD OF STUDY
Govt. Medical College, Jabalpur, M.P., India.	MBBS	1982	Medicine and Surgery
OEU institute of Ophthalmology, Kasturba Medical College, Manipal, South Karnataka, India..	D.O.M.S.	1985	Diploma in Ophthalmic Medicine and surgery.
OEU institute of Ophthalmology, Kasturba Medical College, Manipal, South Karnataka, India	M.S.	1986	Master in surgery(Ophthalmology)
Institute of Clinical Ophthalmology, Kiryu, Gunma, Japan.	Fellowship in ophthalmic microsurgery	1991	Ophthalmic Microsurgery
Center for Medical Education, Universtity of Dundee, Dundee, Scotland.	Certificates in medical education	1994	How to teach more effectively, Develop curriculum & Proper use of Assessment Methods

A. Personal Statement

Since 1987, I have been actively involved as ophthalmologist, administrator and teacher in various institutes in eastern and western Nepal. I have been running glaucoma and retina clinic at Nepal Eye Hospital, Kathmandu, BPKIHS, Dharan(Eastern Nepal), Himalaya Eye Hospital Pokhara and later at Manipal College of Medical Sciences. Also I was co principal investigator in a similar but smaller study conducted (concluded in 2006) at Manipal college of Medical sciences, pokhara which investigated the correlation between biomass combustion and cataract in collaboration with Department of Environmental Science, Berkeley and School of Optometry, UCLA. We have also conducted two studies on refractive error and dry eye in the department after that study. Therefore, I feel that our department and our staff who are dealing with these diseases such as dry eye, refractive error, cataract, glaucoma, diabetic retinopathy and Age related maculopathy on a daily basis quite suitable for conducting the proposed study under the expert guidance of the faculty from Department of Environmental Science, Berkeley and School of Optometry, UCLA.

B. Positions and Honors

Positions and Employment

August 1982 to November 1982	Medical Officer, Infectious Disease Hospital, Teku, Kathmandu
November 1982 to July 1983	Resident House Surgeon Nepal Eye Hospital, Tripurshwor Kathmandu
August 1987 to April 1988	Ophthalmologist, Lahan Eye Hospital, South East Nepal
May 1988 to April 1991	Assistant Programme Director, Eye Care services for Sagarmatha Zone and Lahan Eye Hospita
October 1991 to February 1994	Founder Programme Director, Eye Care Services -Scheer Memorial Hospital, Banepa, Nepal
March 1994 to Sptember 1997	Associate Professor and Founder Head of Department of Ophthalmology B.P. Koirala Institute of Health Sciences, Dharan, Nepal
September 1997 to July 2000	Medical Director, Himalaya Eye Hospital, Pokhara
September 1997 to Feb 2007	Professor and (Founder) Head, Department of Ophthalmology of Manipal College of Medical Sciences, Pokhara, Nepal

Feb 2007 to present	Professor, Department of Ophthalmology, Manipal College of Medical Sciences, Pokhara, Nepal
July 2000 to present	Consultant Ophthalmologist, Eye Care Services, Padma Nursing Home, Pokhara, Nepal Sciences, Pokhara, Nepal
Sep 2012 to present	Managing Director, Padma Nursing Home, a 50 bed multidisciplinary Private Hospital, Pokhara, Nepal

Honors

1. Received Asia Pacific Academy of Ophthalmology “**Distinguished Service Award**” for meritorious service in the field of Ophthalmology in Asia Pacific region on 5th March 1997 during XVIth Congress of Asia Pacific Academy of Ophthalmology
2. Received “**Outstanding Academic Achievement Award**” for academic excellence and for contribution in establishing “Dr. N D Joshi Department of Ophthalmology” at M.T.H. Presented by Dr. Ramdas M Pai, Chairman, Manipal Academy of Higher Education South Canara, India and Governing Board of Manipal College of Medical Sciences. on 16th April 2003.

Other Experience and Professional Memberships

Nepal Medical Association, Life Member - Reg. No. 617/L318

Nepal Medical Council, Reg. No.2344

Nepal Ophthalmic Society, Life Member

Joint Secretary from July 1987 to July 1990

General Secretary July 1992 to Nov 1994

Retina Foundation Nepal, Member

Oculoplastic Society of Nepal, Member

T.M.A. PAI, Academy of General Education, Manipal, Karnataka, South India, Fellow (FAGE).Fellowship Reg. No. 5369.

C. Selected Peer-reviewed Publications

Most relevant to the current application

1. vitamin A deficiency and corneal Ulceration in South East Nepal. Implications of preventing blindness in Children, A. Hennig, A. Foster, **S.P. Shrestha**, R.P. Pokhrel. Bulletin of WHO 1991 69(2):235-239 (1991).
2. Results and Evaluation of High Volume Intracapsular, Cataract Surgery in Nepa, A. Hennig, **S.P. Shrestha**, A. Foster, ACTA Ophthalmologica 70 (1992) 402 - 406.
3. Eales' Disease in Nepal- O K Malla, R. P. Pokhrel, S.P.Shrestha PMJN Vol 3 No 1. May 2002. 13-17
4. First reported cases of gyrate atrophy of the choroid from Nepal. **Sachet Prabhat Shrestha**, Reema Arora, Rajesh Pradhan, Subramaniam Bhatt BMJ Case Reports 2010; doi:10.1136/bcr.04.2010.2951
5. Spontaneous resolution of grade 2 macular hole observed with optical coherence tomography. **Sachet Prabhat Shrestha**, Reema Arora. BMJ Case Reports 2010; doi:10.1136/bcr.06.2010.3086
6. Assessment of tear secretion and tear film instability in cases with pterygium and normal subjects Roka N, **Shrestha S P** Nep J Oph2013;5(9):16-23
7. Pattern of refractive errors among the Nepalese population: a retrospective study

Shrestha S P, Bhat K S, Binu VS, Barthakur R, Natarajan M, Subba S H Nep J Oph 2010;2(4):87-96

8. Biomass Stoves and Lens Opacity and Cataract in Nepalese Women Pokhrel AK, Bates MN, **Shrestha SP**, Bailey IL, Dimartino RB, Smith KR. . Optom Vis Sci. 2013; 90:257-68

Additional publications of importance to the field (in chronological order)

1. Glaucoma Triple Procedure: A new approach; A Momose, **S.P. Shrestha**. Asia Pacific Journal of Ophthalmology. Vol 3, No. 4, October 1991, 1440-1444.
2. Pattern of Incurable blindness at BPKIHS- Badri K Badhu, **Sachet P Shrestha** J. Nep Med Assoc 1997; 37:370-372
3. Prevalence of Rhinosporidiosis of the eye and its adnexa in Nepal- **S.P.Shrestha**, A Hennig and S.C. Parija Am. J.Trop. Med Hyg 59(3)1998, 231-234
4. Retinal detachment Surgery at Nepal Eye Hospital. Malla OK,Shrestha S, **Shrestha SP**, Byanju RN, Karki DB J Nepal Med Assoc 2009;48(174):107-10
5. Atypical presentation and diagnostic pitfalls: A case of rapidly progressive bilateral proptosis in a child aged 18 months: Subramanya K Bhat, **Sachet P Shrestha**, Rimli Barthakur, Maya Natarajan Indian J Ophthalmol 2008;56: 68-70
6. Management of Secondary Glaucoma in a child with Aniridia with combined Trabeculectomy and trabeculotomy procedure. R Barthakur, **S P Shrestha**, S K Bhat, Maya Natarajan . Nep J Oph 2009;1(1):75-76
7. Adenosquamous carcinoma of the lacrimal gland. Iype Cherian, **Sachet Pravat Shrestha**, Moti Lal Panhani, O P Talwar, Nikunja Yogi, Shiwani Rai, Subita Lalchan, Cecilia Fernandes. BMJ Case Reports 2010; doi:10.1136/bcr.07.2010.3192
8. Prevalence of Various types of allergens in ocular allergic conditions of patients from Pokhara, Nepal. **Shrestha S P**, Pokharel A K, Malla P, Thapa S: Nepal JOphthalmol, 2014;6(11): 13-30.

D. Research & Support

Ongoing Research Support

OSS scoring in severe dry eye patients and its implication in treatment (2012/5/15-present)

The major goal of this study is to study the difference of OSS scoring in patients with Kerato conjunctivitis Sicca (KCS) due to rheumatoid arthritis and non rheumatoid arthritis severe dry eye patients. The inclusion criteria is severe dry eye patients with Schirmer score of less than 5 mm. The study is being carried out at the eye care center of Padma Nursing Home, Pokhara Nepal and is supported from research grant from the same institute.

Microbiological Flora and antibiotic sensitivity in patients with acute infective conjunctivitis and their correlation with clinical presentation (11.12.2012-2014 Paper sent for publication)

The microbiological flora of infective conjunctivitis is different in different geographical locations in the world and it keeps on changing at the same location also from time to time. The main aim of this study is to identify the main microorganisms causing infective conjunctivitis in this part of Nepal at present and to correlate these findings with clinical presentation so that guideline can be developed for treating patients presenting with various infective conjunctivitis based on their clinical presentation so that microbiological examinations need to be conducted only in atypical cases. The study is being carried out at the eye care center of Padma Nursing Home, Pokhara Nepal and is supported from research grant from the same institute.

Completed Research Support

1. **Co-principal investigator:** Vitamin A deficiency and corneal ulceration study conducted at Sagarmatha Chaudhary Eye Hospital, Lahan. 1986-1989

Field survey and Hospital Based Study: supported by Christoffel Blinden Mission, Germany, and technical assistance from

- a. International Centre for Eye Health, Institute of Ophthalmology, 27-29 Cauton street, London, EC IV 9EJ, England
- b. Prevention of Blindness Programme, Kathmandu a WHO/HMG, Ministry of Health, Nepal, Undertaking.

Results presented during

- a. 14th All Nepal Medical Conference of nepal medical Association, Kathmandu, March 9, 1989. "Vit A deficiency: a major public health problme in Siraha and Saptari District.
- b. International Vitamin A Consultative Group (IVACG) meeting, kathmandu, Nov 1989. "Vit A deficiency in South East Nepal.

Results Published

Vit A deficiency and corneal ulceration in South East Nepal. Implications for preventing blindness in Children. Bulletin of WHO 1991. 69(2): 235-239.
Article cited in major ophthalmology reviews and standard text books.

2. Co-investigator: Evaluation of high volume intracapsular cataract surgery Prospective study of results of intracapsular cataract surgery.

Period Jan 1989 to Feb 1989.

- * Conducted with Grant from Christoffel blinden Mission, Germany.
- * Technical Assistance from - International Centre for eye Health, Institute of Ophthalmology, 27-29 Cayton Street, London EC IV 9EJ, England.

Results Published:

Results and Evaluation of High Volume Intracapsular Cataract Surgery in Nepal", **ACTA OPHTHALMOLOGICA** 70(1992)402-406.

3.Co-principal Investigator and Deputy Director: "Corneal infection intervention research project Phase III"

All preliminary work completed. Project started from 1st June 1997.

Research grant from : IDRC,Canada. Approval received from NHRC

Joint research project with MOH, HMG and BPKLOS, Institute of Medicine, Kathmandu.

4. Co-principal investigator: "Lens opacity as a biomarker of exposure to indoor air pollution"

Principal investigator- Amod Pokhrel, School of Public Health, University of California, Berkeley.

Directors:

1. Prof. Kirk R. Smith, Prof. & Head, Department of Environmental Health Sciences, School of Public Health, University of California, Berkeley.

2. Prof. Ian Bailey, Prof. & Head, School of Optometry, University of California, Berkeley.

Research approved by NHRC

Grant received from Fogarty International Center.

Results Published: Biomass Stoves and Lens Opacity and Cataract in Nepalese Women Pokhrel AK, Bates MN, Shrestha SP, Bailey IL, Dimartino RB, Smith KR. . Optom Vis Sci. 2013; 90:257-68