

RAHUL PARAJULI, MBBS

Physician Clinical Researcher

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Looking for Research Assistant/Scholar roles and eligible for J-1 Research Exchange Visa | Open to relocation within the United States

RESEARCH PROFILE

ECFMG-certified physician-researcher (USMLE Step 1, Step 2 CK, and Step 3 passed on first attempt) combining 4+ years of frontline critical care and emergency medicine with a growing record of peer-reviewed clinical research. Currently Research Officer at the Nepal Intensive Care Research Foundation (NICRF), coordinating multicentric studies across the 20 ICUs contributing to the NICRF-administered National ICU Registry, with direct responsibility for protocol authorship, IRB and NHRC submission, ICH-GCP compliance, statistical analysis in SPSS, and manuscript preparation. Published in critical care, hepatology, rheumatology, and oncology; author or co-author on various manuscripts spanning case reports, cross-sectional surveys, quasi-experimental interventions, registry analyses, and a PROSPERO-registered systematic review and meta-analysis. Seeking clinical research positions at a U.S. academic medical center.

CORE COMPETENCIES

Clinical Research Coordination | Multicentric Study Management | ICH-GCP (E6 R2 and R3) Compliance | IRB / NHRC Protocol Submission | Study Design & Protocol Development | Registry-Based Retrospective Research | Statistical Analysis (IBM SPSS, R) | Scientific & Medical Writing (ICMJE)

CREDENTIALS AND LICENSURE

• USMLE Step 3—Passed, first attempt	September 2025
• ECFMG Certification	February 2025
• USMLE Step 2 CK - Passed, first attempt	September 2024
• Occupational English Test (Medicine) - L 420, R 400, S 380, W 360	January 2024
• USMLE Step 1 - Passed, first attempt	December 2023
• Nepal Medical Council - Registered Medical Practitioner	January 2022
• Bangladesh Medical and Dental Council - Registered Medical Practitioner	November 2021

PRIMARY MEDICAL DEGREE

Bachelor of Medicine, Bachelor of Surgery (MBBS)

January 2015 - November 2021

East West Medical College, University of Dhaka, Dhaka, Bangladesh

Degree certificate conferred February 2021; compulsory rotating internship completed November 2021.

RESEARCH AND LEADERSHIP EXPERIENCE

Research Officer

December 2025 - Present

Nepal Intensive Care Research Foundation (NICRF), Kathmandu, Nepal (Hybrid)

- Coordinate multicentric critical care studies across the 20 intensive care units contributing to Nepal's National ICU Registry, a centralized patient database administered by NICRF and maintained since 2021.
- Author and submit study protocols to institutional review boards and the Nepal Health Research Council (NHRC); 3 proposals written and approved to date.
- Co-ordinate four active multicentre studies: first and corresponding author on critical care nurse burnout (n = 243); corresponding author on ICU medication errors (n = 70); co-investigator on antimicrobial prescribing knowledge-attitude-practice among Nepali clinicians (n = 372); and lead author on a registry-based retrospective analysis of ARDS prevalence across Nepali ICUs.
- Enforce ICH-GCP compliance and protocol adherence across participating sites; standardize case report forms and data-cleaning protocols to safeguard data integrity.
- Analyze study data in IBM SPSS using descriptive and inferential statistics, including McNemar's and chi-square testing, and draft manuscripts to ICMJE standards for indexed peer-reviewed journals.
- Complete continuing training, learning sessions, and research bootcamps in clinical research methodology delivered through NICRF and NHRC.

In-Charge, Medical Officers

October 2023 - March 2025

Hospital for Advanced Medicine and Surgery (HAMS), Kathmandu, Nepal (Onsite)

- Led a team of 32 medical officers across hospital departments, owning duty rosters, shift allocation, and leave approval to maintain safe staffing levels.
- Conducted performance evaluations, delivered structured feedback, and resolved staffing shortages and interdepartmental conflicts.
- Served on hospital quality-improvement committees and clinical audits and enforced adherence to hospital protocols and regulatory standards.

- Supported recruitment and onboarding of incoming medical officers and acted as liaison between ward medical officers and hospital administration.

PUBLICATIONS AND MANUSCRIPTS

Summary: 3 peer-reviewed publications indexed in PubMed | 2 accepted, in press | 6 submitted or under peer review | 2 ongoing studies. ORCID 0000-0003-0223-3185 | Google Scholar b7ON7h0AAAAJ

Peer-Reviewed Publications (3)

1. Basyal S, Rawindraraj AD, Parajuli R, Bhattarai S, Wagle L, Bhandari K, Pathak V. Diagnostic yield of malignant pleural effusion in various primary and metastatic cancers: insights across cancer subtypes. *Pulm Med.* 2026;2026(1):e8469617. doi:10.1155/pm/8469617. PMID: 42130036; PMCID: PMC13172289. *Co-author. Retrospective analysis of 779 pleural fluid samples across 667 patients.*
2. Shah A, Sharma A, Dahal A, Shrestha P, Parajuli R, Pradhan R, Shrestha B. A rare case of pyoderma gangrenosum as a complication of ulcerative colitis: a case report and literature review. *Clin Case Rep.* 2025;13(10):e71291. doi:10.1002/ccr3.71291. PMID: 41113310; PMCID: PMC12527817. *Co-author.*
3. Parajuli R, Basyal S, Dahal A, Pradhan R. New-onset seizure in peripartum period: a case of Sjogren's syndrome with renal artery stenosis. *Oxf Med Case Reports.* 2025;2025(9):omaf199. doi:10.1093/omcr/omaf199. PMID: 40979806; PMCID: PMC12448470. *First author.*

Accepted, In Press (2)

4. Knowledge, attitude and practice of antimicrobial prescription, resistance and stewardship among clinical doctors in Nepal: a cross-sectional study. *Annals of Medicine and Surgery (Wolters Kluwer).* Accepted, in press - March 2026. *Co-author (n = 372).*
5. Acute Febrile Illness with Triple Co-Infection: A Case Report on the Diagnostic Challenges of Overlapping Febrile Illnesses. *Clinical Case Reports (Wiley).* Accepted, in production - August 2026. *Co-author*
Preprint: Research Square. 2025. doi:10.21203/rs.3.rs-5790693/v1

Manuscripts Submitted or Under Peer Review (6)

6. The heart-brain-liver axis: a systematic review and meta-analysis of heart rate variability in cirrhosis. *Wiley Liver Communications.* Submitted June 2026. *First author. PROSPERO registration CRD420261419935.*
7. Effect of educational intervention on knowledge, perception, and behavior regarding medication errors among critical care nurses: a quasi-experimental study. *PLOS Global Public Health.* Under review - June 2026. *Corresponding author (n = 70).*
Earlier version deposited as preprint: Koirala S, Dahal A, Parajuli R, Acharya P, Pradhan R, Paudel P. medRxiv. 2025. doi:10.1101/2025.07.07.25331001
8. Hepatitis B and C seroprevalence in Nepal: lessons from mass pre-departure screening of emigrant workers. *BMC Public Health (Springer Nature).* Submitted July 2026. *Corresponding author. Mass screening cohort of 163,371 emigrant workers.*
9. Burnout among critical care nurses in tertiary-level hospitals of Nepal. *Nursing Open (Wiley).* Under review - July 2026. *First and corresponding author (n = 243).*
10. The exome trap: a case report of Shwachman-Diamond syndrome carrier variant in a child with refractory iron deficiency anemia. *Annals of Medicine and Surgery (Wolters Kluwer).* Under review, July 2026. *Corresponding author.*
11. Coronary artery anomalies: a case series. *Clinical Case Reports (Wiley).* Under review - June 2026. *First author.*

Ongoing Research Projects (2)

12. Prevalence of acute respiratory distress syndrome (ARDS) in the intensive care units of Nepal: a registry-based retrospective study. *NICRF National ICU Registry, 20 participating sites. Co-investigator.*
13. Clinical Characteristics and Predictors of Intensive Care Unit Mortality in Patients with Hematological Disorders: A Retrospective Cohort Study. *Lead author. Abstract submitted to the 2026 AMA Research Challenge (under review); full manuscript in preparation.*

ABSTRACTS AND PRESENTATIONS

1. Parajuli R. Clinical predictors of ICU mortality in patients with hematological disorders. Abstract submitted to the 2026 AMA Research Challenge, American Medical Association. Submitted July 2026; under review. *Lead author.*

RESEARCH INTERESTS

- Critical care outcomes: sepsis, ARDS, shock, CLABSI, CAUTI, and ventilator-associated complications
- Patient safety and quality improvement: medication errors, clinician burnout, protocol adherence
- Antimicrobial stewardship and resistance patterns in low- and middle-income settings
- Cardiovascular and pulmonary medicine
- Infectious and tropical diseases; viral hepatitis epidemiology
- Artificial intelligence applications in health care

RESEARCH SKILLS AND METHODOLOGY

Study Design: Multicentric study coordination, prospective comparative studies, registry-based and retrospective cohort analysis, cross-sectional surveys, quasi-experimental pretest-post-test design, systematic review and meta-analysis (PRISMA, PROSPERO registration), case reports and case series.

Regulatory and Compliance: ICH Good Clinical Practice E6 (R2) and E6 (R3), IRB and NHRC protocol submission, protocol adherence and deviation monitoring, informed consent, HIPAA, research ethics.

Data and Analysis: IBM SPSS Statistics, R, data cleaning and validation, case report form design, metadata management, descriptive and inferential statistics (chi-square, McNemar's test), REDCap (familiarity).

Medical Writing: Manuscript drafting to ICMJE standards, structured abstracts, literature search and critical appraisal, peer-review correspondence and revision, preprint submission (medRxiv, Research Square).

CLINICAL EXPERIENCE

Medical Officer, Emergency and Medicine Department

October 2025 - Present

Morang Co-operative Hospital, Biratnagar, Nepal (Onsite)

Manage acute emergencies; lead ACLS/ATLS resuscitations, triage, and procedures (intubation, central lines, dialysis catheters).

Cover outpatient OPD continuity clinic on off-hours duty shifts, managing chronic disease follow-ups and reviewing lab investigation results.

Serve as after-hours sole duty physician for the 100-bed hospital (twice weekly, ~8 night shifts/month), managing hospital-wide emergencies, inpatient ward complications, labor triage, and newborn calls at delivery.

Clinical Observer, Nephrology & Dialysis Center

September 2025

Carolina Kidney Associates and Fresenius Kidney Care, Greensboro, North Carolina, USA (Onsite)

Clinical Observer, Level 3 Intensive Care Unit

July 2025 - August 2025

UPMC Western Maryland, Cumberland, Maryland, USA (Onsite)

Physician, Airport Primary Care and Referral Center

July 2024 - February 2025

HAMS Hospital joint venture with Tribhuvan International Airport, Kathmandu, Nepal (on-site)

Medical Officer, Level 3 Intensive Care Unit

January 2022 - March 2025

Hospital for Advanced Medicine and Surgery (HAMS), Kathmandu, Nepal (Onsite)

Compulsory Community-Oriented Rotating Internship

November 2020 - November 2021

East West Medical College and Hospital, Dhaka, Bangladesh (Onsite)

CLINICAL SKILLS

Critical Care: Endotracheal intubation, basic mechanical ventilation, sepsis and septic shock management, vasopressor and inotrope titration, sedation and analgesia optimization, DVT and stress-ulcer prophylaxis, antimicrobial stewardship.

Procedures: Central venous and arterial catheterization, non-tunneled hemodialysis catheter insertion, chest tube placement, pleural and ascitic fluid tapping, lumbar puncture and CSF analysis, wound debridement and suturing.

Diagnostics: Point-of-care ultrasound (POCUS), FAST and eFAST, arterial blood gas interpretation, 12-lead ECG interpretation.

Emergency Medicine: ACLS and ATLS lead resuscitation, triage, code blue leadership, pre-hospital and trauma stabilization.

Patient and Family Care: Prognosis and goals-of-care counselling, end-of-life and comfort care, informed consent

Health Information Systems: Epic, Meditech, eCube, Microsoft Office 365.

CERTIFICATIONS AND TRAINING

ICH Good Clinical Practice E6 (R3), The Global Health Network

July 2026

POCUS Unplugged Workshop, Birat Medical College and Teaching Hospital, Nepal

November 2025

IBM SPSS Statistics, Udemy

November 2025

Antimicrobial Stewardship: A Competency-Based Approach, World Health Organization

November 2024

Health Research Methodology, NICRF and NHRC, Lalitpur, Nepal

September 2023

ICH Good Clinical Practice E6 (R2), The Global Health Network

July 2023

Basic Assessment and Support in Intensive Care (BASIC), Chinese University of Hong Kong

December 2022

Advanced Cardiac Life Support (ACLS) and Basic Life Support (BLS), HAMS

TEACHING AND MENTORSHIP

- Delivered a formal training session on correct completion of the Medical Certificate of Death to fellow medical officers at Hospital for Advanced Medicine and Surgery (HAMS), Kathmandu, Nepal.
- Led medical officers through case report and case series development, from case identification and literature review through manuscript submission to indexed peer-reviewed journals.

CONFERENCES AND WORKSHOPS

Eastern Critical Care Conclave 2.0, Nepal - Delegate	November 2025
6th International Conference, Nepalese Society of Critical Care Medicine (NSCCM) - Delegate	November 2024
5th National Conference, NSCCM, and 1st Eastern Critical Care Conclave - Delegate	December 2023
Asia Pacific Association of Critical Care Medicine (APACCM), Post-Conference Workshop - Delegate	December 2022

PROFESSIONAL MEMBERSHIPS

American Medical Association (AMA), District of Columbia Chapter	September 2025 - Present
Nepal Red Cross Society, Life Member	March 2025 - Present
World Medical Association (WMA), Membership Associate	December 2024 - Present
American College of Physicians (ACP)	June 2023 - Present
Nepal-Bangladesh Medical Welfare Society	April 2019 - Present

VOLUNTEER AND COMMUNITY HEALTH

Medical Volunteer April 2025 - May 2025

Mahanagar Autism Sewa Kendra, Biratnagar, Nepal

- Conducted regular health assessments and medical check-ups for 20 children enrolled at the center.
- Established a digital record-keeping system tracking each child from admission through developmental milestones and intervention outcomes.
- Trained teachers, caregivers, and support staff on autism-related care and counseled parents on assessing and meeting their children's needs.
- Initiated community-based research on autism in the local context and assisted in staff recruitment and evaluation.

Coordinator and Screening Physician June 2024

Cardiac Health Camp, Sindhupalchowk, Nepal

- Co-organized a one-day rural cardiac screening camp with consultant cardiologists and cardiac surgeons; 450 patients screened.
- Coordinated 250 portable echocardiographic examinations and managed history-taking, cardiovascular risk assessment, and referral pathways.
- Documented a high prevalence of adult cardiac abnormalities and pediatric congenital defects, supporting the case for rural early-detection programs.

Doctor-in-Charge March 2024

Maha Shivaratri Health Camp, Pashupatinath, Kathmandu, Nepal

- Led the HAMS Hospital medical team providing on-site care to pilgrims during a one-day mass-gathering health camp.

LANGUAGES

English (professional working proficiency; OET), Nepali (native), Hindi (fluent), Bangla (fluent), Maithili (conversational)

ADDITIONAL INFORMATION

Citizenship and Visa: Nepali national; eligible for J-1 Research Exchange Visitor visa. Open to relocation within the United States.

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Google Scholar: <https://scholar.google.com/citations?user=b7ON7h0AAAAJ>

Website: <https://rahulparajuli.com.np>

REFERENCES

1. **Shravan Kooragayalu, MD** - *Fellowship in Pulmonary and Critical Care Medicine, Cook County Hospital, Chicago, USA*
Medical Director, Pulmonary and Critical Care, UPMC Western Maryland, Cumberland, Maryland, USA
Relationship: U.S. clinical observership preceptor | +1 (516) 761-6028 | knsk86@gmail.com
2. **Diptesh Aryal, MD** - *Fellowship in Adult Critical Care Medicine, University of Toronto, Canada*
Executive Director, Nepal Intensive Care Research Foundation (NICRF), Kathmandu, Nepal
Relationship: Principal investigator and research supervisor | diptesharyal@gmail.com

3. Agnimshwor Dahal, MD

Resident, Internal Medicine, *John H. Stroger, Jr. Hospital of Cook County, Chicago, USA*

Relationship: Research Supervisor | +1 (312) 375-6795 | agnimshwordahal@gmail.com

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