

# **Dr. Sudip Shrestha, MD**

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## **Executive summary**

Despite having numerous other medical fields for establishing my career, oncology always spoke to me both academically and professionally. My postdoctoral training in medical oncology in India further exposed me to the endless possibilities in cancer care and research. This experience positioned me to identify the potential for the oncology scene in my home country, Nepal, upon returning from my postdoctoral and inspired me to have a meaningful impact. After broadening my experience, I narrowed my focus to five major problem areas in oncology - all of which speak to my experiences and achievement across my career. They are as follows:

- 1. Need of academic activities,**
- 2. Need of palliative care services,**
- 3. Lack of support groups, professional bodies, social workers and philanthropists,**
- 4. Working more closely with the communities, patients and families understanding their issues and problems.**
- 5. Establishment of Comprehensive Cancer Institute as a center of excellence in the country.**
- 6.

My goal through my work with my patients and endeavours is to ensure **quality and safe treatment** in Nepal, and decrease the flow of patients abroad for cancer treatment.

## **Career Highlights**

- Contributed in the development of **Bhaktapur cancer hospital**, the 2<sup>nd</sup> cancer hospital in Nepal as Senior faculty as well as head of the institute (Medical Director for two tenure).
- Established and oversaw a **cancer care center** in **Om Hospital and Research Center** as the hospital's Chief Coordinator and Consultant Medical Oncologist.
- Actively engaged in organizing cancer prevention activities including nation-wide awareness and screening programmes organized in partnership with **Nepal Cancer Relief Society, Nepal Cancer support group** ( Founder President)
- Led significant efforts to increase prominence and awareness of palliative care services in Nepal in partnership with international organizations such as **INCTR (International Network of Cancer Treatment and Research, Belgium)** in the capacity of

**Coordinator for palliative care development in Nepal** , **American Society of Clinical Oncology (ASCO)** as a member of an expert panel charged with the development of a Resource Stratified Guideline on Palliative Care in Global Settings and **SAARC Federation of Oncologist Nepal (SFO-N)** in the capacity of Executive member and Scientific committee coordinator, **Asian Clinical Oncology Society (ACOS)** as a **Council Member** representing Nepal.

- Ultimately, played an instrumental and **Lead role** to establish following organizations and institutes in the country which has been a Landmark in the history of development of Oncology Services in Nepal:
  - **Nepalese Palliative Care Association** (NAPCare 2009) acting as the **Founder President** (2009) and , Vice President (2010-2012) and **Executive president** (2012-2014). Currently this organization is working closely with the Government of Nepal to develop Palliative care services in Nepal at policy level and also helping out in training of manpower in palliative care.
  - **Nepal Cancer Support group** ( NCSG 2010- present) as a Founder President. Currently the organization is very active in numerous community based activities in cancer prevention and also active in cancer patients and families in different ways.
  - **Nepal Cancer Hospital and Research Center** : The Institute is worth 15 million USD ) is state of the art cancer treatment facilities located in Lalitpur, Nepal with the aim to revolutionize cancer treatment in Nepal, for the very 1-time through the private sector; Decreased the outflow of cancer patients seeking treatment abroad significantly. **This Hospital is my dream project** and currently involved as **Founder and Executive chairman**. The motto of the center is to provide **quality care** hence the slogan of the hospital is **“Care with Excellence”** to Achieve this **Under my leadership, introduced for the first time in Nepal:**
    - Establishment of **“Clinical Governance and Quality Control Department”** in the hospital directly under my supervision: The aim of this department is to establish the concept and culture of **Clinical Governance** in the organization. To start the culture of **Clinical audit** as a part of continuous quality improvement. At the same time the department is also responsible to work for quality accreditation currently working to get ISO 9001:2015 and NABH and NABL accreditation.
    - For safety purpose: started Chemotherapy delivery as accordance with OSHA guidelines.

- for Safety purposes: **Clinical pharmacology** service along with **pharmacovigilance** unit is started in the main streamline of the clinical services.
- **Onco-genetic clinic, Psycho-oncology clinic, Survivorship clinic, Breast care clinic, Onco-fertility clinic** etc has been started.
- **Truebeam radiotherapy services** with all the quality and safety precautions.

**As an Executive Chairman of this hospital** my responsibility is day to day smooth running of hospital both clinical and non clinical services as well as to maintain all the external relationship, both nationally and Internationally. Currently it has more than 600 staffs.

### **My Ongoing Project in Health care:**

Team Leader :

**SHREEDEEP GROUP PVT. LTD.**

***Building Nepal's Next Generation of Healthcare Institutions***

Transforming Healthcare. Elevating Institutions. Empowering Nepal.

Shreedep Group Pvt. Ltd. is a visionary, founder-led healthcare enterprise committed to redefining the future of healthcare delivery in Nepal and the region. Built on the legacy of establishing Nepal Cancer Hospital and Research Center (NCHRC) and leading the transformation of Silverline Hospital, Shreedep Group integrates **medicine, management, technology, hospitality, investment, and social impact** into one unified ecosystem.

**We build institutions that last. We create systems that work. We transform healthcare for generations.**

**Shreedep Group is a multi-institution healthcare ecosystem designed to connect:**

- Hospitals
- Clinicians
- Patients across borders
- Technology innovators
- Global partners
- Investors
- Community health systems

Shreedeep Group, specialize in **designing, managing, transforming, and scaling** healthcare institutions with uncompromised quality, ethics, and operational discipline.

## 1. Ongoing Project:

### A. Silverline Hospital (Under Transformation)

A 100-bedded general hospital being redesigned into Nepal's next **super-specialty hub** featuring:

- Bone Marrow Transplant (Autologous & Allogeneic)
- Hematology
- Maternal & Child Health
- Obstetrics & Gynecology
- Orthopedics & Joint Replacement
- Trauma & Emergency Services

### B. DIAGNOSTICS, GENOMICS & PRECISION MEDICINE

Through **Sara Molecular Lab** with Technology transfer model in association with 4 base Pair Molecular Laboratory of Bangalore India. Jointly with KLab, Kathmandu Nepal.

- Molecular diagnostics
- Genomic sequencing
- Liquid biopsy testing
- Transplant matching
- Companion diagnostics in oncology

We aim to reduce the need for Nepal to outsource samples and make the country a **precision medicine leader**.

### C. HEALTHCARE TECHNOLOGY

DEVELOPMENT(<https://dashamlavlabs.ai/>) AI Partnerships: ONCO ASSIST & AI Prescription Support Shreedeep Group has partnered with Dashamlav Labs (<https://dashamlavlabs.ai/>) to integrate advanced artificial intelligence into clinical workflows, strengthening decision-making, accuracy, and patient safety across our network.

### Curricular Honors & Awards

- Presidential award by President of Nepal 2019 for his unparalleled contributions in the field of cancer
- Sixth Kobayashi foundation award, JAPAN, 2022. Given to the 2 oncologist from the Asian countries for their contribution in cancer in his motherland.

- Awarded Fellowship by Royal College of Physician Edinburgh (FRCP) for his contributions in cancer in Nepal.
- Jury Award Letter Confirmation for "Global Healthcare Leader of the Year" at Pharma Leaders Power Brand Healthcare Awards 2022, Mumbai, India.
- Best free paper award on 4<sup>th</sup> International conference of International college of surgeons- Nepal section. 2004, Kathmandu.
- Awarded as a best contributor as a cancer specialist in the country in the year 2004 ( Nepal Cancer Relief Society).
- Winner of Young investigational Award (YIA) on 9<sup>th</sup> International Conference of Asian oncology Society hold In Gifu city, Japan.

### **Research Activities**

- Thesis as a dissertation for Master in Medicine (MD): “ **Study of Clinical and Biochemical Profile and Closed needle biopsy findings in patients with Exudative pleural effusion**”. October 1998.
- Studied on “ **Gemcitabine and Cisplatin/ Carboplatin Chemotherapy on advanced pancreatic cancer**” and done poster presentation during ISOCON 2000, IX th Biennial National Conference of Indian Society of Oncology, 2000, Hyderabad, India.
- Worked as a Study Coordinator in the study” A phase II Study of **Gemcitabine and Cisplatin in chemotherapy Naïve unresectable gall bladder cancer**: Protocol – B9E-IN-0095.” Sponsored by Eli Lilly Ranbaxy Limited for the site Rajiv Gandhi Cancer Institute and Research Center, New Delhi.
- Studied on “ **Gall bladder cancer: review of cases and long term follow up**” and presented paper at “International conference on Gastrointestinal malignancy” RGCON 2004, in New Delhi, India.
- Studied on Capecitabine: Single institution experience from North India in metastatic breast cancer. presented paper on [Journal of Clinical Oncology](#) 22(14\_suppl):815-815 · July 2004.
- Studied on and presented a paper on “ **CARCINOMA GALL BLADDER : AN INSTITUTIONAL EXPERIENCE**” J Nep Med Ass//’06; 45: 342-346.
- Studied and wrote a Paper “ **Deep Seated thoracic and abdominal lesions usefulness of ultrasound guided fine needle aspiration cytology**, a 3 yr experience.” J Nep Med Assoc March 2010.
- “ **Improving Hand hygiene compliance among healthcare workers in the ICU at a tertiary cancer care center**” 14th International Conference of Society of Internal Medicine of Nepal, At Kathmandu, Nepal, Conference Paper · May 2019.

- On going research project in Nepal "Exploring mobile health to improve the delivery of palliative care in Nepal" jointly with University of Virginia, NIH funded project : as a site investigator).
- Published article ([https://www.researchgate.net/profile/Sudip\\_Shrestha10](https://www.researchgate.net/profile/Sudip_Shrestha10))
  1. Capecitabine: Single institution experience from North India in metastatic breast cancer. *Journal of Clinical Oncology* 22(14\_suppl):815-815 · July 2004. (<https://ascopubs.org/doi/abs/10.1200/jco.2004.22.90140.815>)
  2. "Carcinoma Gall Bladder : An Institutional Experience." JNMA; journal of the Nepal Medical Association 45(164):342-6 · October 2006. (<https://www.ncbi.nlm.nih.gov/pubmed/17676069>).
  3. "Palliative Care Development: The Nepal Model", Journal of Pain and Symptom Management, Vol. 33 No. 5 May 2007. ([https://www.jpsmjournal.com/article/S0885-3924\(07\)00111-X/pdf](https://www.jpsmjournal.com/article/S0885-3924(07)00111-X/pdf))
  4. Deep Seated thoracic and abdominal lesions usefulness of ultrasound guided fine needle aspiration cytology, a 3 yr experience." J Nep Med Assoc March 2010. (<https://pdfs.semanticscholar.org/a045/e96716a44a1cba912a8584fe433382309c65.pdf>)
  5. Published article as an expert commentary : "Challenges and Solutions for Developing Palliative Care in Nepal;" Palliative Care in Oncology Symposium Daily News Archive, October 9, 2015. ASCO. (<http://pallonc.org/challenges-and-solutions-developing-palliative-care-nepal>)
  6. "Epidemiology and clinical profile of breast cancer in central Nepal" : poster presentation on 3rd World Congress on Women's Health and Breast Cancer" , October 03-05, 2016 London, UK.
  7. "Problems of Breast Cancer Survivors Living in an Urban Area of Nepal" Asia-Pacific Journal of Oncology Nursing • Jul-Sep 2016 • Vol 3 • Issue 3 <http://www.apjon.org/article.asp?issn=2347-5625;year=2016;volume=3;issue=3;spage=289;epage=296;aulast=Sapkota:type=0> )
  8. Epidemiology and Clinical Profile of Breast Cancer in Central Nepal, Annals of Breast Cancer Research: Ann Breast Cancer Res 1(1): 1005 ([https://pdfs.semanticscholar.org/f41b/80dd8bdb2f98f7cd3ee4b2b302afe\\_ddbe754.pdf](https://pdfs.semanticscholar.org/f41b/80dd8bdb2f98f7cd3ee4b2b302afe_ddbe754.pdf))

9. **Social support, quality of life and mental health status in breast cancer patients:** Research Article: Cancer Rep Rev, 2017  
(<https://www.oatext.com/pdf/CRR-1-107.pdf> )
10. **“Macula Erythematous Rash Due to Temozolomide Involving Head and Neck Region Only”** March 2018 (<https://symbiosisonlinepublishing.com/pharmacovigilance/pharmacovigilance21.php> )
11. **“Adverse Drug Reaction due to Cancer Chemotherapy and its Financial Burden in Different Hospitals of Nepal:”** International journal of Pharmacovigilance; (<http://dx.doi.org/10.15226/2476-2431/2/1/00114>) Published: April 18, 2017
12. **“Can clinical pharmacists bridge a gap between medical oncologists and patients in resource-limited oncology settings? An experience in Nepal”** (*Journal of Oncology Pharmacy Practice* 25(3):765–768 · June 2018 (<https://doi.org/10.1177/1078155218784734> )
13. **“Establishment of the first cancer hospital-based pharmacovigilance center in Nepal”** *Research in Social and Administrative Pharmacy* 14(11) · July 2018. (<https://doi.org/10.1016/j.sapharm.2018.07.017>)
14. **Journal of Thoracic Oncology** 13(10):S950-S951 · October 2018. (<https://doi.org/10.1016/j.jtho.2018.08.1778>)
15. **“Establishment of the hemovigilance system in an oncology-based hospital of Nepal: A new starting in the field of blood transfusion in limited resource settings.”** ([https://www.researchgate.net/publication/330124674\\_Establishment\\_of\\_the\\_hemovigilance\\_system\\_in\\_an\\_oncology-based\\_hospital\\_of\\_Nepal\\_A\\_new\\_starting\\_in\\_the\\_field\\_of\\_blood\\_transfusion\\_in\\_limited\\_resource\\_settings](https://www.researchgate.net/publication/330124674_Establishment_of_the_hemovigilance_system_in_an_oncology-based_hospital_of_Nepal_A_new_starting_in_the_field_of_blood_transfusion_in_limited_resource_settings).) Dec 2018. (DOI: 10.2478/medu-2018-0008)
16. **“ASCO Guideline report: Palliative Care in the Global Setting—ASCO Resource-Stratified Practice Guideline.”** *Journal of Clinical Oncology* 36(34\_suppl):85-85 · December 2018. ([https://www.researchgate.net/publication/330124674\\_Establishment\\_of\\_the\\_hemovigilance\\_system\\_in\\_an\\_oncology-based\\_hospital\\_of\\_Nepal\\_A\\_new\\_starting\\_in\\_the\\_field\\_of\\_blood\\_transfusion\\_in\\_limited\\_resource\\_settings](https://www.researchgate.net/publication/330124674_Establishment_of_the_hemovigilance_system_in_an_oncology-based_hospital_of_Nepal_A_new_starting_in_the_field_of_blood_transfusion_in_limited_resource_settings) )
17. **“Establishment and Achievements of Drug and Therapeutic Committee at the Oncology-Based Hospital of Nepal.”** *INDIAN JOURNAL OF*

PHARMACY PRACTICE 12(1):41-44 · February  
2019 (<https://ijopp.org/sites/default/files/InJPharPract-12-1-41.pdf> )

18. **Polypharmacy in elderly cancer patients** **Professional Qualification:** Review article ([www.researchgate.net/publication/331093128](https://www.researchgate.net/publication/331093128)) March 2019 (DOI: 10.1002/agm2.12051 )
19. **“Workshop on proposal writing on research for health care professionals: a brief report”:** [Journal of Multidisciplinary Healthcare](https://www.researchgate.net/publication/331093128). Volume 12:565-572 · July 2019. ([https://www.researchgate.net/publication/331093128 Polypharmacy in elderly cancer patients Challenges and the way clinical pharmacists can contribute in resource-limited settings](https://www.researchgate.net/publication/331093128) ) (DOI: 10.2147/JMDH.S211257 )
20. "A Global Collaboration to Develop and Pilot Test a Mobile Application to Improve Cancer Pain Management in Nepal" : [Frontiers in Pain Research](https://www.researchgate.net/publication/331093128). July 2022 | Volume 3 | Article 910995. (doi: 10.3389/fpain.2022.910995)

## **Professional Qualification**

91

- **MB, BS** -First class  
Jawaharlal Institute of Postgraduawe Medical Education and Research (JIPMER)  
**University of Madras**, India.

1996

- Passed **MRCP (UK) Part I** from Kathmandu centre.

1996-1999 - **MD (Internal Medicine)** -First class  
Tribhuvan University, Kathmandu, Nepal.

**1999- 2001** - **Advanced Post-graduates training in Medical Oncology.**

## **Professional Experience:**

### **Previous**

**Feb 92 to Mar 96** - **Resident Medical Officer** in Department of Medicine  
Bhaktapur Hospital, Bhaktapur, Nepal.

19 Feb 92 - **House Officer** in Accidents & Emergency Department of TUTH, Kathmandu, Nepal.

to Apr99- **Sr. Resident** in Department of Medicine, **Tribhuvan University Teaching Hospital** (TUTH), Kathmandu, Nepal & **Bir Hospital** Kathmandu, Nepal.

0 – July 99- **Registrar** in General Medicine, Dept. of Medicine, Bir Hospital, Kathmandu, Nepal.

- Nov.99 - **Registrar** in Radiotherapy and Cancer unit, Bir Hospital, Kathmandu, Nepal.

- Sr. Resident Dept of Medical Oncology, Rajiv Gandhi Cancer Institute and Research Centre  
-Head of Department of Medical oncology.

1. *Bhaktapur Cancer Hospital, Bhaktapur, Nepal.*
2. *Sr consultant medical oncologist and Coordinator Oncology services*  
*Om Cancer care Center,*  
*OM Hospital and Research Centre, Kathmandu, Nepal*  
*and Sarvang hospital, Kupundole.*

2009 – 2013      **-1. Medical Director and Head of Medical oncology**  
*Bhaktapur Cancer Hospital, Bhaktapur, Nepal.*  
  
**2. Sr consultant medical oncologist and Coordinator Oncology services**  
*Om Cancer care Center,*  
*OM Hospital and Research Centre, Kathmandu, Nepal*  
*and Sarvang hospital, Kupundole.*

2013 to present **Founder Chairman, Nepal Cancer hospital and Research Center, Harisidhi, Lalitpur, Nepal.** ([www.nch.com.np](http://www.nch.com.np)) Also working as Sr consultant Medical oncologist of same institute.

### Academic Activities:

- Have been taking classes on oncology for the postgraduate medical students and Nursing students ,coming for their regular posting as a part of their academic career to Nepal Cancer Hospital and Research center.
- Regularly Taking part as a faculty and speaker in various conferences, Seminars, workshops and CMEs on oncology in different hospitals and scientific gatherings in Nepal and abroad.
- Taking academic classes for resident doctors, paramedical staffs.

- **Have been actively involved in tumor board meetings of Nepal Cancer Hospital and Research center.**
- **Have organized various national and International oncology conferences, workshops, symposium, CMEs etc. in Nepal in various capacities like: Scientific Chairman, Conference chairperson, Conference**

### **Affiliated Organizations**

- **South Asian Journal of cancer** - International Editorial Board members
- **Member American Society of Clinical Oncology (ASCO)**
- **Member European Society of Medical Oncology (ESMO)**
- **National Cervical Cancer Screening and prevention implementation plan**- Technical working committee member
- **Nepal Cancer Support Group (NCSG 2009)** - Founder President and current Patron.
- **Nepalese Association of Palliative care and Two world** - Advisor; *Forum for developing National Strategies plan for palliative Care for Nepal 2016*
- **Medical Council** - Tamil Nadu, India
- **Medical Council** - Nepal
- **Nepal Medical Association**- Life Member
- **Society of Internal Medicine of Nepal (SIMON)** - Life Member
- **SAARC Federation of Oncology, Nepal** - Life Member
- **Nepal Oncology society (NEONS)** - Life Member
- **Patan Jaycees (Voluntary Organisation)** - Honorary Member
- **Om Health foundation** - Founding Member
- **Society of Internal Medicine of Nepal (SIMON)** - member
- **Nepalese Palliative care group (NAPCare 2009)** - Founding President and life member
- **Breast Cancer Support Group** - Treasurer
- **Richa Bajimaya Memorial foundation** - Adviser
- **Rotary club of Yala, District 3212**

### **Languages:**

Fluent in Nepali, Newari, English, Hindi.