



Nepal Public Health Foundation

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Enhancing Knowledge on Evidence Generation in Nursing Practice: A Workshop on Research Methodology 16th and 17th March, 2025

TIME	SESSION	FACILITATOR
FIRST DAY (16th March, 2025 SUNDAY)		
8.30 AM –8.45 AM	Arrival and Registration of Participants	
8:45 AM – 9:00 AM	<i>Inauguration and Introduction</i>	MC
9:00 AM –9:30 AM	<i>Session 1: Introduction and overview of research</i> Importance of research in nursing practice and the role of research in evidence-based practice (EBP)	Dr Mahesh Kumar Maskey <i>(Founding Chair and Executive Chief, Nepal Public Health Foundation)</i> Prof. Mana Rai <i>(Former President, Nursing Association of Nepal)</i>
9:30AM- 11:00 PM	<i>Session 2: Research Process and Problem Identification</i> Understanding how to identify research problems, developing research objectives, research questions and hypothesis and exploring different types of variables	Prof Dr Sharad Raj Onta <i>(Founding General Secretary, Nepal Public Health Foundation)</i>
11:00 AM- 11:15 AM	<i>Tea-break</i>	

11:15 PM- 12.30 PM	<p>Session 3: Research Designs</p> <p>Overview of research types and various study designs with a focus on selecting the most appropriate design based on research objective.</p>	<p>Dr Rajendra B.C. <i>(Treasurer, Nepal Public Health Foundation)</i></p>
12.30 PM - 2: 00 PM	Refreshment	
2::00 PM- 4:00 PM	<p>Session 4: Quantitative Data Analysis and Interpretation</p> <p>Introduction to statistical concepts: descriptive vs. inferential statistics</p> <p>Use of software tool i.e. SPSS for data analysis Excel and interpreting research data and results.</p>	<p>Concept of Quantitative Research Analysis</p> <p>Prof. Dr Sarala Shrestha <i>(Director, Medical Education Commission)</i></p> <p>SPSS session for Quantitative Data Analysis</p> <p>Ms. Manita Rijal <i>(Data Analyst, Nepal Public Health Foundation)</i></p>
4:00-4:30 PM	Closing remarks and Q/A	MC
SECOND DAY (17th MARCH 2025, MONDAY)		
9.00 AM – 9.15 AM	Arrival and Registration of Participants.	
9.15 AM – 11: 00 AM	<p>Session 1: Qualitative Data Analysis</p> <p>Concept of Qualitative Research and its types</p> <p>Approaches to analysing interview and observational data along with techniques to ensure validity and reliability in qualitative research.</p>	<p>Concept of Qualitative research</p> <p>Prof. Mandira Onta <i>(Head of Nursing Department, Manmohan Memorial Institute of Medical Sciences)</i></p> <p>Understanding Qualitative Research Analysis</p> <p>Prof Dr Sharad Raj Onta <i>(Founding General Secretary, Nepal Public Health Foundation)</i></p>

11:00 AM -12: 00 PM	<p>Session 2: Ethical consideration for Research</p> <p>Exploring key ethical principles in research, including obtaining informed consent, safeguarding patient confidentiality, and ensuring the safety and well-being of participants.</p>	<p>Ms. Namita Ghimere (Ethics Committee Secretariat Chief, Nepal Health Research Council)</p>
12:00 PM -12: 15 PM	Tea-Break	
12:15 PM - 1:30 PM	<p>Session 3: Sample size calculation according to study design</p> <p>Understanding the methods for determining appropriate sample size based on study design</p>	<p>Dr. Rajendra B.C. (Treasurer, Nepal Public Health Foundation)</p>
1.30 PM – 2:30 PM	Refreshment	
2:30 PM -3: 30 PM	<p>Session 4: Journal article writing</p> <p>Guidelines and strategies for writing a standard journal article</p>	<p>Prof Dr Sharad Raj Onta (Founding General Secretary, Nepal Public Health Foundation)</p>
3:30 PM- 3:45 PM	<p>Introduction to TGHN Resources/ Introduction to Global Research Nurses</p>	<p>Dr Arancha De La Horra (Project Coordinator, Global Health Nurses)</p>
3:45 PM-4:15 PM	<p>Q/A session</p>	<p>MC</p>
4:15-4:30 PM	<p>Closing Remarks</p>	<p>Prof. Muna Rana Thapa (Campus Chief, Maharajung Nursing Campus)</p>
4:00PM – 4:15 PM	Conduction of Post Assessment	

Speakers



Dr. Sharad Raj Onta

Dr. Sharad Raj Onta, a retired Professor of Community Medicine and Public Health at the Institute of Medicine, Tribhuvan University. Additionally, he serves as a member of the High-Level Policy Advisory Body at the Ministry of Health and Population. His educational background includes an MBBS from Leningrad, Former USSR, an MPH from the UK, and a Ph.D. from Denmark. Dr. Onta has an impressive career history, having served as the President of Physicians for Social Responsibility Nepal (PSRN), an affiliate of the International Physicians for Prevention of Nuclear War (IPPNW), twice a Nobel Peace Prize winner, actively contributing to global peace initiatives. He also serves as the Country Coordinator for the People's Health Movement in Nepal and is engaged with the Resource Centre for Primary Health Care and the Nepal Public Health Foundation.



Dr. Rajendra Kumar BC

Dr. Rajendra Kumar BC holds Master's Degree in Nutritional Biochemistry from MS University of Baroda, India, and PhD degree in Tropical Medicine from Mahidol University, Bangkok, Thailand in the year 2003. He has a long history of working (24 years) in the variety of health, nutrition and development sectors, and has extensive experiences in conducting and leading variety of projects in Nepal as well as fostering linkages & establishing a very good networking & coordination between government, non-government, development partners and academic institutions. He is an experienced professional with a particularly strong expertise in health research methods along with data management and analysis (quantitative as well as qualitative).



***Dr. Mahesh Kumar
Maskey***

Dr. Mahesh Kumar Maskey is a prominent public health expert. He is the Founding chair and executive chief of Nepal Public Health Foundation. His focus and expertise include perinatal epidemiology, health policy and planning, health systems research and the generation of evidence for health policy formulation on a national and international level. He is a published author and had presented papers in many regional and international conferences. During 2007 to 2010, he contributed in the drafting of Three-year interim health plan of Government of Nepal. In 2006, he designed targeted free health care services in district hospitals and primary health care centres, and Universal free health care services in sub health post and health post level in Nepal. He has served as Ambassador Extraordinary and Plenipotentiary of Federal Democratic Republic of Nepal to People's Republic of China (2012- 2016).



Ms. Mana Rai

Ms. Mana Rai leads the Community Health Nursing department at nursing colleges, overseeing leadership and management in Kathmandu. She serves as the Registrar at the Nepal Nursing Council in Bansbari and actively engages in teaching PCL, Bachelor, and Masters nursing students. She holds a degree of Master's in Public Health (MPH) from TU, IOM Maharajgunj Campus in 1999 and a Bachelor's in Community Health (BN) from TU, IOM, Mahabaudh Nursing Campus. Furthermore, she's a Fellow of the Population Leadership Program at the University of Washington, USA (2001-2002) and has held the position of President at the Nepal Nursing Council.



Dr. Sarala Shrestha

Dr. Sarala Shrestha is a distinguished academic and public health professional with a PhD in Reproductive Health from Chulalongkorn University, Thailand, and a Master's in Child Health Nursing from Delhi University, India. She is currently the Chief of the Examination Division at the Medical Education Commission, Sanothimi, Bhaktapur, and a Professor at the Nepalese Army Institute of Health Sciences. With extensive experience as a researcher, educator, and administrator, she has led initiatives in nursing education and public health, including serving as the Campus Chief of Maharajgunj Nursing Campus. Dr. Shrestha has authored multiple books and articles, contributing significantly to evidence-based nursing practice and public health research.



Prof. Mandira Onta

Prof. Mandira Onta is an accomplished nursing educator and public health professional with a Master's degree in Nursing from Maharajgunj Nursing Campus, where she graduated with distinction and earned a Gold Medal. She has served in numerous academic and administrative roles, including as Head of the Nursing Department at Manmohan Memorial Institute of Health Science and as Assistant Dean at Tribhuvan University, Institute of Medicine. A prolific trainer and researcher, she has contributed significantly to newborn care, mental health, and nursing education in Nepal. Prof. Onta is also a published author with works on health topics in esteemed journals and has been recognized with multiple awards for her contributions to nursing and public health.



Ms. Namita Ghimire

Ms. Namita Ghimire, a Research Officer at the Nepal Health Research Council since 2009, specializes in ethical review processes and leads the Ethical Review Monitoring and Evaluation Section. A PhD scholar in Development Studies at Kathmandu University, she has contributed to national ethical guidelines and co-authored publications on research ethics, COVID-19, and public health. She combines her academic background in sociology with extensive training in global health, ethics, and leadership to advance ethical and evidence-based health research in Nepal.



Ms. Manita Rijal

Ms. Manita Rijal holds a Master's Degree in Statistics from Tribhuvan University, Nepal in 2024. She has a strong background in data analysis, sampling, and statistical programming with expertise in software like Stata, R, and SPSS.

Ms. Rijal demonstrates excellent leadership, teamwork, and data management skills, with a proven record of presenting research findings effectively through visualization, documentation, and reports.