

NABIN PAUDEL

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Centre for Eye Research
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A highly self-motivated individual committed to serving the vision community through teamwork and application of learned skills. Experienced in optometric theory and methods, proposal writing, research methodology, grant-writing, coordination of international scientific meetings, myopia, optics, clinical trials, quality of life, pediatrics and teaching courses and workshops. Excellent management, oral, written, networking, and computer skills.

EDUCATION

Postdoctoral Researcher - Centre for Eye Research Ireland, Ireland – 2018
- current

Supervisors: Prof James Loughman, Prof Ian Flitcroft

Project: MOSAIC – Myopia Outcome Study of Atropine in Children

PhD - University of Auckland, New Zealand (April 2016)

Thesis: Visual development in preschool children and the effect of neonatal hypoglycemia

Primary Supervisor: Associate Professor Benjamin Thompson, Dr Nicola Anstice, Assoc Prof Robert Jacobs

B.Optom - Tribhuvan University, Kathmandu, Nepal (Nov 2008)

Project work: Visual defects in Nepalese children with Down syndrome.

Advisor: Professor Susan Leat, Associate Professor Jyoti Baba Shrestha

Public Profile

[Google Scholar](#)

[Researchgate](#)

Publication

Papers

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Loskutova E, Shah K, Flitcroft ID, Setti A, Butler JS, Nolan Y, **Nabin Paudel** Loughman J. Lutein and zeaxanthin: The possible contribution, mechanisms of action and implications of modern dietary intake for cognitive development in children. HRB Open Research. 2019 Apr 26;2.

Nabin Paudel, Samip Adhikari, Ajit Thakur, Bhairaja Shrestha, James Loughman. Clinical Accuracy of the Nidek ARK-1 Autorefractor. Optometry and vision science: 2019 May.

Nabin Paudel. "Smartphone Applications for Amblyopia Treatment: A Review of Current Apps and Professional Involvement." Telemedicine and e-Health (2018).

Nabin Paudel, Robert J. Jacobs, Rebecca Sloan, Sarah Denny, Kimberley Shea, Benjamin Thompson, and Nicola Anstice. "Effect of simulated refractive error on adult visual acuity for paediatric tests." Ophthalmic and Physiological Optics 37, no. 4 (2017): 521-530.

Nabin Paudel, Arijit Chakraborty, Nicola Anstice, Robert J. Jacobs, Jo E. Hegarty, Jane E. Harding, B. Thompson, and CHYLD Study Group. Neonatal Hypoglycaemia and Visual Development: A Review. Neonatology 2017;112: 47-52.

Lucy Goodman, Arijit Chakraborty, **Nabin Paudel**, Tzu Ying Yu, Robert J Jacobs, Jane E Harding, Benjamin Thompson, Nicola S Anstice, CHYLD Study Group. Vision screening at two years does not reduce the prevalence of reduced vision at four and a half years of age. Clinical and Experimental Optometry. 2018 Jul;101(4):527-34.

Nabin Paudel, Adhikari S, Manandhar S, Acharya A, Thakur A, Shrestha B. Ocular surface symptoms among individuals exposed to ambient levels of traffic derived air pollution—a cross-sectional study. F1000Research. 2017;6.

Thompson, Benjamin, Christopher JD McKinlay, Arijit Chakraborty, Nicola S. Anstice, Robert J. Jacobs, **Nabin Paudel**, Tzu-Ying Yu et al. "Global motion perception is associated with motor function in 2-year-old children." Neuroscience letters 658 (2017): 177-181.

McKinlay, Christopher JD, Jane M. Alsweiler, Nicola S. Anstice, Nataliia Burakevych, Arijit Chakraborty, J. Geoffrey Chase, Gregory D. Gamble, **Nabin Paudel** et al. (2017). Association of neonatal glycemia with neurodevelopmental outcomes at 4.5 Years. JAMA Pediatrics, 171(10), 972-983.

Chakraborty, Arijit, Nicola S. Anstice, Robert J. Jacobs, **Nabin Paudel**, Linda L. LaGasse, Barry M. Lester, Christopher JD McKinlay, Jane E. Harding, Trecia A. Woules, and Benjamin Thompson. "Global motion perception is related to motor function in 4.5-year-old children born at risk of abnormal development." Vision research 135 (2017): 16-25.

Arijit Chakraborty, Nicola S. Anstice, Robert J. Jacobs, **Nabin Paudel**, Linda L La Gasse, Barry M Lester, Trecia A. Woules, Jane E. Harding, Benjamin Thompson. Global motion perception is independent of contrast sensitivity for coherent motion

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direction discrimination and visual acuity in 4.5-year old children. *Vision Research* 2015; 115, 83-91.

Christopher JD McKinlay, Jane M Alsweiler, Judith M Ansell, Nicola S Anstice, J Geoffrey Chase, Gregory D Gamble, Deborah L Harris, Robert J Jacobs, Yunnan Jiang, **Nabin Paudel**, Matthew Signal, Benjamin Thompson, Trecia A Wouldes, Tzu-Ying Yu, Jane E Harding for the CHYLD Study Group. Neonatal Glycemia and Neurodevelopmental Outcomes at 2 years. *New England Journal of Medicine* 2015;373(16):1507-1518.

Sudan Puri, Dipesh Bhattarai, Prakash Adhikari, Jyoti Baba Shrestha, **Nabin Paudel**. (2015). Burden of ocular and visual disorders among pupils in special schools in Nepal. *Archives of Disease in Childhood*, archdischild-2014.

Mahesh Kumar Dev, **Nabin Paudel**, Niraj Dev Joshi et al. Psycho-social impact of visual impairment on health-related quality of life among nursing home residents. *BMC Health Services Research* 2014; 14(1): 345.

Mahesh Kumar Dev, **Nabin Paudel**, Niraj Dev Joshi, Dev Narayan Shah, Shishir Subba. Impact of Visual Impairment on Vision-Specific Quality of Life among Older Adults Living in Nursing Home. *Current Eye Research* 2014; 39(3):232-238.

Tzu-Ying (Sandy) Yu, Robert John Jacobs, Nicola S Anstice, **Nabin Paudel**, Jane E. Harding, Benjamin Thompson: Global motion perception in 2-year-old children: a method for psychophysical assessment and relationships with monocular and binocular visual function. *Investigative ophthalmology & visual science* 2013; 54 (13): 8408-8419.

Raman Prasad Sah, **Nabin Paudel**, Jyoti Baba Shrestha. Marfan's syndrome: a refractive challenge for optometrists. *Clinical and Experimental Optometry* 2013; 96 (6): 581-583.

Mahesh Kumar Dev, Gauri Shankar Shrestha, **Nabin Paudel**, Niraj Dev Joshi, Madhu Thapa, Dev Narayan Shah. Visual status and ocular morbidity in older adults living in residential care. *Graefes Archives for Clinical Ophthalmology* 2012; 250(9):1387-93.

Rajendra Gyawali, **Nabin Paudel**, Prakash Adhikari. Quality of life in Nepalese patients with low vision and the impact of low vision services. *Journal of Optometry* 2012; 5 (4): 188-95.

Ranju Sitaula, Gulshan B Shrestha, **Nabin Paudel**, Sneha Shrestha, Dev N Shah: Glial heterotopia of the orbit: a rare presentation. *BMC Ophthalmology* 2011; 11:34.

Nabin Paudel, Susan J Leat, Prakash Adhikari, J Margaret Woodhouse, Jyoti Baba Shrestha: Visual defects in Nepalese children with Down syndrome. *Clinical and Experimental Optometry* 2010; 93(2):83-90

Suman S Thapa, Indira Paudyal, Shankar Khanal, **Nabin Paudel**, Steven L Mansberger, Ger H M B van Rens. Central corneal thickness and intraocular pressure

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in a Nepalese population: the Bhaktapur glaucoma study. *Journal of Glaucoma* 2011; 21(7):481-5.

Suman S Thapa, Indira Paudyal, Shankar Khanal, **Nabin Paudel**, Ger H M B van Rens Comparison of axial lengths in occludable angle and angle-closure glaucoma—the Bhaktapur Glaucoma Study. *Optometry and Vision Science* 2011; 88 (1):150-154.

Sanjay Marasini, **Nabin Paudel**, Prakash Adhikari, Jyoti Baba Shrestha, Merill D Bowan. Ocular manifestations in children with cerebral palsy. *Optometry and Vision Development* 2011; 42(3): 178-182

Pre-prints/under review

Nabin Paudel. Assessing vision in young children: Communication skills. No. e3023v1. *PeerJ Preprints*, 2017.

In preparation

Nabin Paudel, Ian Flitcroft, Saoirse McCrann, Rajani Pokharel, James Loughman. Public health approaches for myopia control and prevention. (Advanced draft)

Nabin Paudel, Nicola S. Anstice, Robert J. Jacobs, Arijit Ckharaborty, Tzu Ying Yu, Benjamin Thompson. Predictive ability of clinical vision tests used at 2 years for long term visual outcome. (Advanced manuscript)

CONFERENCE PRESENTATIONS

Nabin Paudel, Rebecca Sloan, Nicola S. Anstice, Benjamin Thompson, Robert J Jacobs. Differential effect of optical defocus on Cardiff, Lea, and ETDRS acuity in adult observers. Poster Presentation delivered at Asia-ARVO, New Delhi, India, November 2013.

Nabin Paudel, Robert J. Jacobs, Benjamin Thompson, Sandy Yu, Arijit Chakraborty, Nicola S Anstice on behalf of the CHYLD Study Group. Do age appropriate clinical vision tests at 2 years predict visual outcome at 4.5 years? Poster presentation delivered at American Academy of Optometry Meeting, Denver, Colorado, November 2014.

Nabin Paudel, Nicola Anstice, Arijit Chakraborty, Robert J. Jacobs, Sandy Yu, Jane Harding and Benjamin Thompson on behalf of the CHYLD Study Group. Development of global motion processing and binocular visual acuity from 2 to 4.5 years of age in children born with perinatal risk factors. Paper presentation at the Child Vision Research Society Meeting, Prague, Czech Republic, June, 2015.

Nabin Paudel, Saoirse McCrann, Ian Flitcroft, James Loughman. Awareness of myopia control methods among parents of myopic children. Poster presentation delivered at American Academy of Optometry Meeting, San Antonio, Texas, November 2018.

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Nabin Paudel, Ian Flitcroft, Saoirse McCrann, James Loughman. Mathematical estimation of axial length using routine optometric data in the absence of formal biometry. Oral presentation delivered at the 17th International Myopia Conference., Tokyo, Japan, 15th September 2019

PROFESSIONAL EXPERIENCE

Postdoctoral Researcher: 2018 -

Responsibilities include research activities within the lab in myopia, glaucoma and nutrition and big data, advise graduate and undergraduate students, collect clinical trials data, write proposals for grants, prepare clinical trial documents, manuscript preparation and dissemination

Paediatric Vision Specialist, Academic/Research Head, Drishti Eye Centre, Kathmandu, January 2017 – December 2017 (Temporary position)

Responsibilities include preparing curriculum for a newly proposed Drishti School of Optometry, clinical examination of patients, supervise optometrists and designing and conception of research projects related to preschool visual disorders and visual psychophysics.

World Council of Optometry Teaching Fellow, August 2016 – December 2016

Responsibilities included delivering lectures and providing hands-on training to undergraduate optometry students on paediatric visual assessment and visual electrophysiology.

Graduate Teaching Assistant, 2013-2015

Responsibilities have included planning and preparation of course syllabi, conducting weekly lab demonstration sessions (approximately 40 students per session), and advising students.

The course included: Anatomy and Physiology of the visual system and Vision Science

Optometrist, Sudhristi Eye Clinic, Kathmandu, 2009-2011

Responsibilities included providing full scale optometric services in an ophthalmology clinic. Provided services such as comprehensive eye exam, contact lenses and binocular vision.

Clinical Optometrist, B.P Koirala Lions Centre for Ophthalmic Studies, 2009-2012

Responsibilities involved providing optometric services to patients attending a tertiary level eye care teaching hospital, guiding undergraduate students in clinical duties and advising in research projects. In-charge of the visual electrophysiology lab.

AWARDS AND GRANTS

2008: Best Student of the Graduating Class, Tribhuvan University

2012: Best Staff of the year, B. P. Koirala Lions Center for Ophthalmic Studies

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2012: PhD Scholarship, Liggins Institute, The University of Auckland - NZD 33,000 2013: Auckland Medical Research Foundation Doctoral Scholarship - NZD 97,850 2013: Auckland Medical Research Foundation Travel Grant - NZD 5,000

2014: American Academy of Optometry Student Travel Fellowship – USD 750

2015: New Zealand Association of Optometrists Education and Research Fund Support – NZD 8,000

2015: Maurice and Phyllis Pyakel Travel Grant – NZD 1,500

2015: Postgraduate Students' Association Travel Grant – NZD 500 2016:

World Council of Optometry Teaching Fellowship – USD 2,500 2018: Hothouse

Discovery Fund – EUR 20,000

2019: Enterprise Ireland Commercial Case Feasibility Grant – EUR 15,000

SCIENTIFIC MEMBERSHIP

American Association for the Advancement of Science Association for Research in Vision and Ophthalmology

International Society for Clinical Electrophysiology of Vision

American Academy of Optometry

ACADEMIC RESPONSIBILITIES

Grant Reviewer: Moorfield's Eye

Charity, UK

Reviewer

Optometry and Vision Development Optometry and

Vision Science

BMC Ophthalmology Vision

(MDPI)

Associate Editor (Paediatrics and Strabismus)

BMC Ophthalmology

INTERESTS

Myopia, Amblyopia, Ocular Imaging, Visual Psychophysics, Visual Development, Clinical Research

REFERENCES

Professor Benjamin Thompson

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