

# GUL RUKH MEHBOOB

## Health Services Research

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IOWA CITY, UNITED STATES

*PhD Candidate in Health Services Research, specializing in **aging and care quality for older adults**. Served as **Assistant Professor, Research Advisor and Consultant for leading global and national organizations (focusing global health and social health protection)**, including the German Development Cooperation (GIZ), Aga Khan Foundation, USAID, GFA Consulting Group (Germany), Higher Education Commission of Pakistan, and the Health Sector Reform Unit, Government of Pakistan.*

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### EDUCATION

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2025 (Fall)	<b>PhD</b> , Public Health, Health Management and Policy University of Iowa, United States of America, <i>Fulbright Scholar</i>
2014	<b>MPhil</b> , Health Economics FUUAST Islamabad, Pakistan, <i>Gold Medalist</i>
2008	<b>M.Sc.</b> , Economics University of Peshawar, Pakistan, <i>Gold Medalist</i>
2007	<b>B.Sc. Hons</b> , Economics University of Peshawar, Pakistan, <i>Gold Medalist</i>

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### TEACHING AND PROFESSIONAL EXPERIENCE

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#### Full Time Teaching Positions

2015-2017	Assistant Professor Department of Economics Institute of Management Sciences, Pakistan	<ul style="list-style-type: none"><li>Designed and delivered 3 courses in research methods and health economics to graduate students.</li><li>Supervised 4 graduate students' Master's-level thesis.</li></ul>
2011-2015	Assistant Professor Department of Health Economics and Management Health Services Academy, Pakistan	<ul style="list-style-type: none"><li>Co-designed a Master's program in Health Economics and Management.</li><li>Developed and taught two core courses in Healthcare Finance and Public Health.</li><li>Supervised 6 Master's-level theses.</li></ul>
2007-2011	Lecturer Department of Economics SBB Women University Pakistan	<ul style="list-style-type: none"><li>Taught two core and 3 non-core courses</li><li>Assisted designing undergraduate program</li><li>Member of Board of Studies.</li></ul>

#### Full/part time Professional Positions

2020-2021	Technical Advisor Social Health Protection Pakistan GIZ	<ul style="list-style-type: none"><li>Established a research hub to support research for evidence-based decision-making for Universal Health Coverage in Pakistan.</li><li>Provided technical support to the government for implementing the Sehat Sahulat health protection program in Pakistan.</li></ul>
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2024-2025	Research Associate Rural Policy Research Institute, United States of America	Improving Quality of Care for Persons with Dementia in Nursing Homes – Evaluation of the National Background Check Program
2021-2024	Research Associate Rural Policy Research Institute, United States of America	Evaluation of the impact of SIM Project on States' ability to upgrade hospital reimbursement and health care delivery system in the United States of America.

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## PROJECTS AND CONSULTANCIES

2022-2024	GFA Germany	Study on Social (Health) Protection and the Household Economy – Benefits and Costs of the Sehat Sahulat Card for Poor Households in Pakistan.	Research Advisor
2020-2022	GFA Germany	Willingness to Pay and demand for health insurance in KP province; A household survey for social health protection initiative Pakistan.	Research Advisor
2018-2020	GIZ Pakistan	Progress & Performance analysis of Prime Minister National Health Program through CMIS (Central Management Information System) 2015-2018.	Principal Investigator
2020-2020	GIZ Pakistan	Costing of Hospital Services in Punjab Pakistan; Developing a reimbursement model under Social Health Protection Program.	Principal Investigator
2017-2018	Higher Education Commission Pakistan	Capacity Building of Communities for Safe Drinking Water Practices; An Action Plan for reduction of water-borne illnesses and Related Costs; HEC-IMS Social Outreach Integration Program. A qualitative approach	Principal Investigator
2016-2017	GIZ Pakistan	Costing of District Head Quarter Hospital Services in Khyber Pakhtunkhwa Pakistan; A case study of Four Target Districts under Social Health Protection Program.	Principal Investigator
2015-2016	Aga Khan Foundation	End line evaluation of health financing interventions designed for needy communities of Gilgit Baltistan Pakistan	Principal Investigator
2013-2014	Heartfile	Right to Reproductive Health; Voices of women receiving the health financing scheme by HFI	Co-Investigator

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## MODULE DEVELOPMENT AND ACADEMIC TRAININGS

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2024	STATA Workshop for Public Health Professionals: Advancing Causal Inference in Research (University of Iowa US).	Lead trainer and module developer
2021	Establishment of a school for Universal Health Coverage in Pakistan. Designing short courses on health economics and financing to be offered under the umbrella of SUHC (School of Universal Health Coverage).	Technical layouts and designing.
2018	First international training on health economics and health care financing for senior management social health protection program (Ministry of Health Pakistan).	Module development and delivery.
2016	Calculating provider costs, average cost per illness, ALOS and bed occupancy rates for senior management of insurance companies (Institute of Management sciences Pakistan).	Lead trainer and module developer.
2015	Health care sector reforms; Health care financing interventions for developing countries FOR management of social health protection program Pakistan (Institute of Management Sciences).	Co-trainer and module developer

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## PEER REVIEWED PUBLICATIONS

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1. **Mehboob G**, Sharma H. Addressing Staffing Shortages in Nursing Homes: Does Relaxing Training and Licensing Requirements Increase Nurse Aide Staffing? *Health Services Research*. 2025 Feb 19:e14455. doi: 10.1111/1475-6773.14455.
2. **Mehboob G**, Kaskie B, Sharma H, An Assessment of State Employee Background Check Policies for Improving Quality of Care in Nursing Facilities. *Innovation in Aging*, Volume 8, Issue Supplement\_1, December 2024, Pages 1350–1351, <https://doi.org/10.1093/geroni/igae098.4308>
3. **Mehboob G**, Sharma H, Kaskie B. Employee Background Check Policies in Long-Term Care Facilities in the United States. *The Gerontologist*. June 2025 (Under Review).
4. **Mehboob G**, Hassan A, Shah S. An assessment of community intervention for reduction of waterborne illnesses in Peshawar, Khyber Pakhtunkhwa, Pakistan. *Journal of Development Policy, Research & Practice (JoDPRP)*. 2018;2(1):106-119. doi:10.59926/jodprp.vol02/05.
5. **Mehboob G**, Katrina A, Mujtaba M. Examining the impact of climate change through a gender lens in developing countries: building a case for Pakistan. *Pakistan Journal of Public Health (PJPH)*. 2013;3(1).
6. Yousafzai I, Mehboob G, Sikandar S, Rubab I. Factors responsible for not utilizing institutional delivery services in Khyber Agency FATA Pakistan. *Pakistan Journal of Public Health (PJPH)* 2012; 4(2): 20-24.
7. Ronis KA, Khan SA, **Mehboob G**, M Masood. An overview of nutritional related indicators in vulnerable groups and policy goals in Pakistan. *Pakistan Journal of Public Health (PJPH)*. 2012; 4(2): 55-59.
8. Noman Z, **Mehboob G**, Zaman S, Rubab I. Quality and utilization of the health facilities by insured population at Social Security Hospital, Islamabad. *Pakistan Journal of Public Health (PJPH)*. 2012; 2(2): 19-24.
9. **Mehboob G**, Shaikh BT. A systematic review of output-based aid for the reproductive health services in developing countries: A case for Pakistan. *J Ayub Med Coll Abbottabad* 2015, 27, 695-701.
10. Niazi SJ, Ronis KA, **Mehboob G**. Are Lady Health Workers Meeting the Health Needs of the Women of Adyala Village District Rawalpindi Punjab Pakistan? *Pak J Public Health Vol. 4*,

No. 3, 2014.

11. Batool N, **Mehboob G**, Bahar S. Out of pocket expenditures for treating asthma in elderly population: A Case study of Pakistan Institute of Medical Sciences Islamabad Pakistan. *Pak J Public Health Vol. 7, No. 4, 2017.*

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## OTHER ELECTRONIC PUBLICATIONS (Technical Reports)

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1. Zaheer Z, Iqbal J, **Mehboob G**. A study on Willingness to pay for Sehat Card Plus Pakistan. December 2023. GFA, GIZ and Center for Public Policy Research Pakistan.  
[https://lnkd.in/g/ve\\_aRpU](https://lnkd.in/g/ve_aRpU)
2. **Mehboob G**. *Progress & Performance analysis of Prime Minister National Health Program through CMIS (Central Management Information System) 2015-2018*. Technical Report developed for *Deutsche Gesellschaft für Internationale Zusammenarbeit (German Corporation for International Cooperation)*. PHIMC 2020.
3. **Mehboob G**. Costing of public sector hospital services: A provider's perspective - a case study of four district headquarters hospitals under Social Health Protection initiative Khyber Pakhtunkhwa, Pakistan. Technical Report developed for *Deutsche Gesellschaft für Internationale Zusammenarbeit (German Corporation for International Cooperation)*. Socialprotection.org. 2017. <https://socialprotection.org/discover/publications/costing-public-sector-hospital-services-providers-perspective-case-study-four>.
4. Ronis K, **Mehboob G**, Masood M, Nishtar S. The Right to Reproductive Healthcare in Pakistan: The Voice of Women. *Heartfile* in collaboration with *David & Lucile Packard Foundation*, 2012.  
[http://www.heartfile.org/pdf/The\\_Right\\_to\\_Reproductive\\_Healthcare\\_in\\_Pakistan\\_The\\_Voice\\_of\\_Women.pdf](http://www.heartfile.org/pdf/The_Right_to_Reproductive_Healthcare_in_Pakistan_The_Voice_of_Women.pdf)

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## CONFERENCE PRESENTATIONS

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2024 Oral Presentation	Gerontological Society of America (GSA) Annual Scientific Meeting, Seattle, United States of America. <i>An Assessment of State Employee Background Check Policies for Improving Quality in Nursing Facilities</i> . Late-breaking research.
2023 Poster Presentation	American Public Health Association (APHA) Annual Meeting and Expo, Atlanta, United States of America. <i>Impact of COVID-19 related emergency funding on hospital margins: A rural urban comparison of hospitals in United States</i> . Emerging Scholar Plus program.
2021 Invited Lecture	Annual Public Health Conference Health Services Academy Pakistan. <i>Social Health protection and the future of reimbursement mechanisms for hospitals</i> . OSCE Academy Bishkik, funded Norwegian institute of international affairs.
2019 Oral Presentation	Assessing maternal health and catastrophic expenditures at the month of delivery. A case study of district Logar Afghanistan.
2018 Poster Presentation	Annual Research Meeting Academy Health Seattle Washington, United States of America. <i>Health Services Utilization and out of Pocket Expenditures in Public and Private Facilities in Pakistan: An Empirical Analysis of Two Nationally Representative out of Pocket Expenditures Surveys</i> .

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## HONOURS, AWARDS AND OUTSTANDING ACHIEVEMENTS

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1. **Fulbright Scholarship USEFP 2021-2025.** U.S.-sponsored doctoral fellowship awarded to selected outstanding scholars from ~160 countries based on academic excellence, leadership potential, and alignment with program goals.
2. **Bonnie J. and Douglas S. Wakefield Award 2025** for recognition of excellence in health services and policy research. University of Iowa United States of America.
3. **Center for Health Policy and Research,** Research Award for outstanding research in health policy research, 2023, University of Iowa United States of America.
4. **Victoria University of Wellington New Zealand, 2014** merit-based scholarship Doctoral program funding
5. **University Best Teacher award 2008,** Quality Enhancement cell Higher Education Commission Pakistan
6. **University Best Teacher award 2009,** Quality Enhancement cell Higher Education Commission Pakistan
7. **Benevolent Fund Award** Student of the year 2006 (Highest GPA), Undergrad Provincial Level, Government of Pakistan
8. **Benevolent Fund Award** Student of the year 2007 (Highest GPA), Graduate Provincial Level, Government of Pakistan
9. **Distinction MPhil,** Top of the class 2014 FUUAST University Pakistan.
10. **Gold Medal MSc** Top of the batch 2008, University of Peshawar Pakistan
11. **Gold Medal BSc Hons** Top of the batch 2007 University of Peshawar, Pakistan
12. **Gold Medal High School** BISE Peshawar Top of the class Pakistan.
13. **Bronze Medal** BISE KPK 2001 Provincial level Distinction 2000, 3<sup>rd</sup> Position at provincial level High school Pakistan.

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## MEDIA RECOGNITION OF RESEARCH AND POLICY WORK

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1. Training Pakistani hospitals in costing in the midst of a pandemic. In Pakistan a GIZ project reinvents its approach to capacity development – with considerable success! Listen In <https://podcasts.apple.com/gb/podcast/training-pakistani-hospitals-in-costing-in-the-midst/id1558078373?i=1000512663090>  
*Healthy Developments Podcast featuring top stories featuring innovative approaches, delivery and data from German development cooperation in health and social protection around the globe.*
2. Top Stories: Relaxing licensing, training requirements during pandemic didn't improve nursing home staffing: study. McKnights Long-Term Care News. Read in <https://www.mcknights.com/news/relaxing-licensing-training-requirements-during-pandemic-didnt-improve-nursing-home-staffing-study/>
3. Plugged in to Public Health: The impacts of relaxed staff training and licensing requirements on nursing homes <https://www.public-health.uiowa.edu/news-items/plugged-in-to-public-health-the-impacts-of-relaxed-staff-training-and-licensing-requirements-on-nursing-homes/>

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### **Memberships**

American Public Health Association (APHA)  
Gerontological Society of America (GSA)

**Google Scholar:** <https://shorturl.at/Fvy3E>

**Total Citations: 12 | h-index: 2 | Research interest score: 20.5**

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### **Peer Reviewer**

*BMC Health Services Research*, 2012–present  
BMC Public Health, 2013-present

