

## CURRICULUM VITAE

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### **Dr. Nikhil Vallathukaran Mathew MBBS, MS (ENT – Head & Neck Surgeon)**

#### **PERSONAL DETAILS**

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Gender:	Male
Date of birth:	14/11/1991
Nationality:	Indian
Religion:	Christian
Languages known:	English, Malayalam, Hindi, Kannada, Arabic
Marital status:	Married
Name of spouse:	Dr. Jean Joseph
Father's name:	V.G.Mathew
Mother's name:	Lucy M. D.
Permanent address:	Vallathukaran House, H.No 32/1019, Nettaykodath Road, 3rd Cross (South), Palarivattom P.O., Cochin -682025
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AOI Life Member	LM-5901
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## **STRENGTHS**

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- HARD WORKER
- CONFIDENT
- DYNAMIC
- TEAM PLAYER
- INNOVATIVE

## **OBJECTIVE**

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To work with an organization of repute which allows me to perform high quality work and to grow professionally as well as personally within the organization.

## **SUMMARY STATEMENT**

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- Completed Residency in the field of ENT- Head and Neck Surgery from Kasturba Medical College, Manipal, Karnataka
- Talented doctor in the field of ENT.
- Experience as a hospitalist providing inpatient care.
- Comprehensive background includes research, presentation and publication.

## EDUCATION

Details of Qualifications	College	Class/Grade	Attempts	Month and Year
MS ENT	Kasturba Medical College, Manipal	Awaiting Results, expecting by end of April 2019		May 2016 to May 2019
MBBS	Father Muller Medical College, Mangalore (Rajiv Gandhi University of Health Sciences)		1	August 2009 to March 2014
I Phase/I Year	“	1 <sup>st</sup> Class	1	
II Phase/II Year	“	1 <sup>st</sup> Class	1	
III Phase/III Year	“	1 <sup>st</sup> Class	1	
IV Phase/IV Year	“	2 <sup>nd</sup> Class	1	
Internship	Father Muller Medical College, Mangalore			March 2014 till March 2015
XII Std.	Our Own High School, Dubai	A	1	May 2009
X Std.	Our Own English High School, Dubai	A	1	May 2007

## **EDUCATION AND TRAINING**

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### **KASTURBA MEDICAL COLLEGE, MANIPAL** **(M.S. ENT, 2019)**

Assisted in abundant number of ENT Disorders in Kasturba Medical College, Manipal during tenure as Junior Resident

#### **Surgical**

- Otolaryngology – Tympanoplasty, ossiculoplasty, mastoidectomy, stapes surgery, facial nerve decompression, myringotomy and grommet insertion
- Implantology - Cochlear implantation
- Rhinology- Septoplasty, Rhinoplasty, nasal bone fracture reduction
- Endoscopic sinus surgery- routine FESS, routine frontal and sphenoid sinus surgery, Endoscopic DCR
- Skull Base surgery- Infra temporal fossa approach, Anterior skull base, Endoscopic medial maxillectomy
- Head and Neck Surgery-Thyroidectomy, Total laryngectomy, Total laryngopharyngoesophagectomy with gastric pull up, maxillectomy, mandibulectomy, superficial and deep parotidectomy, neck dissections, local, axial and free flap(radial forearm, anterolateral thigh, fibular flap), transoral laser excision, Tracheo-esophageal puncture, cleft palate repair. Laser assisted surgical exposure present for malignancies.
- Laryngeal surgeries- Microphonosurgeries, Laser surgery (CO<sub>2</sub>, KTP) for polypectomy, Endoscopic medialisation, suture lateralisation, injection medialisation laryngoplasty. External medialisation thyroplasty.
- Routine ENT surgeries- adenotonsillectomy, foreign body removal (bronchial, esophagus, cricopharynx, ear, nose)
- Emergency procedures- Tracheostomy, Epistaxis control

### **Instrumental proficiency**

- Rigid and flexible Nasal endoscopy
- Rigid laryngoscopy and hypopharyngoscopies
- Otomicroscopy - Therapeutic and Diagnostic
- Exposure to rigid esophagoscopy and bronchoscopy
- Exposure Intraoperative facial nerve monitors, Navigation guided surgeries
- Exposure to microdebrider and nasal drills

### **Surgeries with exemplary skills:**

- Nasal: Adenotonsillectomy, Septoturbinoplasty, FESS,
- Otolaryngology: Myringotomy + grommet insertion, Myringoplasty, Cortical mastoidectomy,
- Head and Neck: Tracheostomy, therapeutic endoscopies, Incision and drainage of abscess.
- Laryngology: Microlaryngeal surgeries(diagnostic and therapeutic)

### **Outpatient Department Skills:**

- Rigid and flexible Nasal endoscopy
- Rigid and flexible laryngoscopy
- Stroboscopy
- Otomicroscopy - Therapeutic and Diagnostic
- Positional Test, therapeutic positional exercise.
- Exposure to ENG

### **Inpatient Skills:**

- Preoperative work up.
- Counselling patients
- Manage complications

## FATHER MULLER MEDICAL COLLEGE, MANGALORE (MBBS, 2015)

- OPD, IP postings in various departments (Medicine, Paediatrics, Orthopaedics, Surgery, OBG, Cardiology, Anaesthesia, Dermatology)
- Emergency medicine/Casualty postings
- Community postings in health centre (2 months)
- Health centre at Thumbel, Karnataka
- Primary health centre at Suratkal, Karnataka
- St. Ignatius hospital, Honnavar, Karnataka (1 month)
- Worked in immunization camps
- Conducted school and Anganwadi health check ups
- Attended various CME programmes
- Conducted various lectures and seminars

## CURRICULAR ACHIEVEMENTS

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- **3<sup>rd</sup> Prize** in e-poster at "National Annual Conference of Otolaryngologist of India" held in Indore - January 2018
- **2<sup>nd</sup> Prize** in quiz at "National 5th Annual IAOHNS Conference" held in Vijayawada - August 2018
- **1<sup>st</sup> Prize** in paper presentation in CME "Lasers in ENT" held in A.J. Institute of Medical Science, Mangalore - October 2018
- **1<sup>st</sup> Prize** in quiz competition in CME "Lasers in ENT" held in A.J. Institute of Medical Science, Mangalore - October 2018

## EXTRA CURRICULAR ACHIEVEMENTS

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- Student Council - Head of Technical Committee 2012-2013, Father Muller Medical College, Mangalore.
- Cultural Committee member in organizing annual cultural fest "Eldorado" and other college events in the year 2013 - Father Muller Medical College.
- Magazine Committee member in release of the magazine titled "Montage" in year 2013- Father Muller Medical College.
- Teacher in Make A Difference Organization for orphan children in year 2012 - 2013, Mangalore.
- Participated in Cultural College Programme (Verve-2018, Manipal) and (Otofess- 2018, Manipal)

## PUBLICATIONS

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- "Inflammatory myofibroblastic tumour mimicking a vocal cord polyp." British Medical Journal(BMJ), August 2018

Ongoing projects for publication:

- "A Randomised Controlled Trial to assess efficacy of Platelet rich fibrin Efficacy in Tympanoplasty." Submitted for publication to International Journal of Otology, April 2019
- "Results of transtonsillar excision of symptomatic elongated styloid process." - To publish in April 2019
- "Case report of Temporal bone Fibrous dysplasia." - To Publish in April 2019

Dissertation written during MS:

- A Randomised Control Trial to assess efficacy of Platelet rich fibrin in Tympanoplasty

## **WORKSHOPS ATTENDED**

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- 100<sup>th</sup> Hands on Endoscopic and Microscopic Temporal Bone Dissection & Live ear surgery - Dr. GVS Rao, 2017
- Hands on Training on Skin prick Test, KMC, Manipal, 2017
- Balance Con Workshop, Bangalore, 2017
- Basic and Advanced Endoscopic sinus surgery workshop - ASCENT, Chennai, 2018
- Micro Vascular Anastomosis workshop, KMC, Manipal (Cardiology) , 2017
- Temporal Bone Lab - Bone dissection, KMC, Manipal, 2017

## **POSTERS PRESENTED**

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- ISOCAN (National) -2016 - Role of SPECT scan in Malignant Otitis Externa
- AOI (National) -2018- Fibrous Dysplasia of External Auditory Canal
- FABFESS (International) -2018- Nasal mass in hemophilia patient.

## **PAPERS PRESENTED**

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- AOIKCON (South Zone) -2017- Inflammatory Myofibroblastic Tumour of Larynx
- AOIMIDCON (National) - 2017 - Results of Transstomilar excision of symptomatic elongated styloid process
- AOI (National) - 2018 - Evaluation of post thyroidectomy morbidities
- IAOHNS (National)- 2018 - Smooth muscle tumour of uncertain malignant potential
- AJIMS (State)- 2018- Juvenile Nasopharyngeal Angiofibroma – Our experience



## CONFERENCES ATTENDED

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- ISOCON, Calicut, 2016
- Advanced Rhinology, KMC, Manipal, 2017
- AOIKCON, Karnataka, 2017
- AOIMIDCON, Mangalore, Karnataka, 2017
- AOI, INDORE, 2018
- CALMED ENT, Calicut Medical College, 2018
- International - FABFESS, FMMC, Mangalore, 2018
- ALLERCON, Yenepoya Medical college, 2018
- IAOHNS, Vijayawada, 2018
- LASERS IN ENT, AJIMS, Mangalore, 2018
- Nuclear Medicine in Head and Neck Oncology, KMC, Mangalore, 2018
- Dermato oncology, KMC, Mangalore, 2018
- KSHEMA OSCE WORKSHOP, Mangalore, 2019
- Trache TIPS, KMC, Manipal, 2019

## OTHER ACTIVITIES/ ACHIEVEMENTS/ SKILLS

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- Part of proofreading team for the book "Textbook of Ear, Nose, Throat and Head - Neck Surgery- Dr. Hazarika, Dr. D.R. Nayak, Dr. Balakrishnan"
- Was awarded the 1st copy of fourth Edition of the book "Textbook of Ear, Nose, Throat and Head – Neck - Dr. Hazarika" by Dr. Peter Catalano (USA) during book inaugural ceremony.
- Trained under the pioneers in ENT with vast experience (Dr. D.R.Nayak, Dr. Balakrishnan R. and Dr. Kailesh Pujary).
- Participated in KMC, Manipal Annual Marathon - for 10k in 2018.
- Participated in Maths quiz and several science exhibitions in Primary and Secondary school, Dubai.
- Computer skills - MS WORD, MS POWERPOINT, MS EXCEL, PHOTOSHOP, computer softwares, etc.

## REFERENCES

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- Dr. Dipak Ranjan Nayak  
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- Dr. Balakrishnan R  
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