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11/06/1991

Dr. Karthika Johnson

PROFESSIONAL SUMMARY

Training and working at a Psychiatry wing of a tertiary care hospital was a golden opportunity to be exposed to various cultural groups & socio-economic backgrounds, including children, adolescents and adults. These dedicated 3 years of training in different mental health domains have given me the skills that are needed to master patients empathy, counseling, full psychiatric assessment and implementing treatment plan. In addition I was also involved in some administrative work and multiple quality improvement projects for better health care delivery.

RESEARCH EXPERIENCE (Publications)

- Frequency and Nature of Psychiatric Disorders in patients with Bronchial Asthma.
- Dr Karthika Johnson, Dr Pavithra P Rao, Dr Safeekh A.T.
- Submitted to Indian Journal of Medical Research. (Under Review)
- A case report on Maladaptive Daydreaming.
- Dr Preethi Rebello, Dr Karthika Johnson, Dr Priyanka, Dr Pavithra P Rao.
- Published in Galore International Journal of Health Sciences and Research 2019, 4(1):33-36
- A Rare report of Closed Eye Lilliputian Visual Hallucination in a patient with Schizophrenia
- Dr Preethi Rebello, Dr Pavithra P Rao, Dr Fakirappa G, Dr Manisha Sharma, Dr Karthika Johnson, Dr Aruna Yadiyal.
- Published in International Journal of Health Sciences and Research 2018: 8(12):184-186

EDUCATION

- **MD Psychiatry. Rajiv Gandhi University of Health Sciences. Karnataka. India. June 2019**
- **MBBS. Rajiv Gandhi University of Health Sciences. Karnataka. India. March 2015**

Formal Training

- ❖ **MD Psychiatry.** Father Muller Medical College. Mangalore– Karnataka. 25-05-2016 to 25-05-2019.
 - Inpatient and outpatient adult psychiatry
 - Performing full bio-psychosocial assessment with treatment plan put in place.
 - Received training in various psychiatry domains
 - Child and adolescent Psychiatry
 - Old age psychiatry
 - Addiction Psychiatry
 - Consultation of patients admitted in other specialties
 - Electroconvulsive therapy
 - Psychotherapy training with different modalities
 - Cognitive behavioural therapy
 - Supportive psychotherapy
 - Behavioural therapy
 - Motivational enhancement treatment
 - Interpersonal therapy
 - Application of various rating scales and instruments
 - IQ tests
 - Projective tests
- ❖ **MBBS.** Father Muller Medical College, Mangalore– Karnataka. 14-08-2009 to 07-03-2014
- ❖ **Internship** Father Muller Medical College, Mangalore– Karnataka. 07-03-2014 to 13-03-2015
 - Did clinical rotations in departments of Internal Medicine, Emergency medicine, Obstetrics and Gynecology, Pediatrics, Primary Care, Psychiatry, Surgery, Anesthesiology and Orthopaedics.
 - Accomplished general procedures such as catheterization, biopsies and intubation, in medical internship, which was performed under supervision of attending physicians.
 - Responsible for documentation of patient care, history taking, initial evaluation of in-coming patients.
 - Assisting and shadowing practicing physicians to gain knowledge and learning extensive surgical procedures.

RESEARCH PROJECTS

1. Medical and Psychiatric Comorbidity in Patients with Recurrent Unipolar Mania - MD Thesis.
 - Completed. Principal Investigator.
2. Psychiatric Morbidity in Patients with Bronchial Asthma
 - Completed. Under review for publishing. Principal Investigator

POSTER PRESENTATION

- ❖ Psychosis: An unusual Initial presentation of Craniopharyngioma
 - Presented at - KANCIPS 2018 held at Sattur, Dharwad
 - Date - August 31, September 1 & 2; 2018.
- ❖ "Leukodystrophy: A cause of Early onset Dementia"- A case Report.
 - Presented at - Muller Psycon 2017
 - Date - March 5; 2017

WORKSHOPS

- ❖ Sensitization Training on RNTCP Technical and Operational Guidelines and PMDT2017
 - Organized by - District TB centre, Dakshina Kannada
 - Location - Father Muller Medical College
 - Date - February 8; 2019.
- ❖ Basic Course in EEG
 - Organized by - Department of Psychiatry
 - Location - Father Muller Medical College, Mangalore
 - Date - December 11; 2016.
- ❖ 'Using SPSS'
 - Organized by - Medical educational Unit
 - Location - Father Muller Medical College, Mangalore
 - Date - September 17; 2016

OTHER PROFESSIONAL ACTIVITIES

- ❖ Junior Resident in-charge of the extension service of the Department of Psychiatry at St. Antony's Charitable Institution for the destitute adults, Jeppu, Mangalore
- ❖ Junior Resident in-charge of the extension service of the Department of Psychiatry at Mariya Nilaya Home, Jeppu, Mangalore
- ❖ Junior Resident-involved in rehabilitation in Chesire old age home, Mangalore
- ❖ Monthly visits as Junior Resident at Katipalla Satellite Clinic, Kikkada camp and Mother Teresa Old age home at Attavar, Mangalore.

PAPER PRESENTATION

- ❖ Medical Comorbidity in patients with Recurrent Unipolar Mania
 - Presented at - KANCIPS 2018 held at Sattur, Dharwad
 - Date - August 31, September 1 & 2; 2018.
- ❖ Insomnia due to noisy neighbours – A case report of Organic Psychotic Disorder
 - Presented at the Clinical Society Meeting of FMMC Hospital
 - Date – January 10; 2018.
- ❖ Psychiatric Morbidity in Bronchial Asthma
 - Presented at - 50th Annual Conference of Indian Psychiatric Society, South Zone,
 - Date - October 27, 28, 29; 2017.

ACHIEVEMENTS

- ❖ First place in Postgraduate Inter-collegiate Quiz competition
 - Event - "Psycho-oncology" CME - Yenmind-5 and IAPP-KB Mid term CME
 - Location - Yenepoya Medical College
 - Date - January 21; 2019
- ❖ Best Orator Award
 - Event - National Level Round of Torrent Young Scholar Award in Psychiatry 2018
 - Location - Ahmedabad
 - Date - September 16; 2018.
- ❖ Winner – Zonal round (South zone)
 - Event - South Zone of Torrent Young Scholar Award in Psychiatry 2018
 - Location - Bangalore
 - Date - August 5; 2018.
- ❖ Poster Presentation – 2nd place". Leukodystrophy: A cause of Early onset Dementia" – A case Report
 - Event - Muller Psycon 2017
 - Location – Mangalore
 - Date - March 5; 2017

TEACHING EXPERIENCE

- ❖ 2nd year Medical Students (MBBS) - 20 students annually for 8 hours total per academic year.
- ❖ Teaching focused on specific psychiatric disorders and conducting a thorough psychiatric interview including history taking and a full mental status examination.

SKILLS

- ❖ Sound knowledge of various mental health issues, and behavioral problems of people with good understanding related to monitoring patient response to medication, and ability to modify the course of treatment as necessary
- ❖ Expertise in understanding patient's past medical history as well as deciding the plan of treatment
- ❖ Capable of conducting brief counseling sessions regarding the disease, treatment, and required care
- ❖ Adept in observing patients for strange behavior, self-threats and danger to other inmates/staff, and supervising medical personnel for ensuring quality services.
- ❖ Ability to maintain updated patient medical records in hospital database
- ❖ Team player with excellent organizational, and interpersonal skill.

CONFERENCES/CME

- ❖ Muller Psycon 2019
 - CME on 'Introduction to Psychotherapy with special emphasis on Cognitive Behaviour Therapy'
 - Location – Father Muller Medical College
 - Date – February 16, 17; 2019.
- ❖ 'Psycho-Oncology'- Yenmind-5 and IAPP-KB Mid term CME
 - Location - Yenepoya Medical College, Mangalore
 - Date – January 21; 2019.
- ❖ Psychopharmacology International CME
 - Location - Amrita Institute of Medical Sciences and Research Centre
 - Date - December 3; 2018
- ❖ Kancips 2018
 - Location - Dharwad, Karnataka
 - Date - August 31, September 1 and 2; 2018.
- ❖ 50th Annual Conference of Indian Psychiatric Society, South Zone
 - Location - Wayanad, Kerala
 - Date – October 27, 28, 29; 2017.
- ❖ 'Clinical Advances in Therapeutic Psychiatry'
 - Indian psychiatric Society, Karnataka Chapter CME
 - Location - Father Muller Medical College
 - Date – July 15, 16; 2017.
- ❖ Muller Psycon 2017
 - CME on 'Obsessive Compulsive Disorder Update'
 - Location - Father Muller Medical College
 - Date – March 5; 2017

REFERENCES

1. Dr. Safeekh A.T
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Department of Psychiatry
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2. Dr. P John Mathai
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(ex-HOD of FMCC, Mangalore)
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3. Dr. Supriya Hegde Aroor
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