



DR. ARJUN HARIDAS

Date of Birth – 13th September ,1991

KMC number: DLH 2016 0000144 KTK

Email id: drarjun.haridas@gmail.com

arjunhturbo@gmail.com

Mob-+919535619053

Address: 'Harichandanam', NakshatraNagar, Pirivusala,

Chandranagar PO, Palakkad, Kerala - 678007

OBJECTIVE

- To attain a position as a Senior Resident/Registrar in Anaesthesiology.
- To attain a position as a fellow in Transplant /Regional /Neuroanaesthesia.
- Provide the highest quality of patient care in Anaesthesiology, Critical Care Medicine and Pain Medicine.
- To integrate the latest technology with my practice of Anaesthesia and Critical Care Medicine.

PRESENT POSITION:

Completed Post Graduation in **MD Anaesthesiology** at Jagadguru Sri Shivarathreeshwara(JSS) Medical College and Hospital , JSS Academy of Higher Education (JSS AHER),Mysuru Karnataka in May 2019

EDUCATION

I'm a qualified post graduate in MD Anaesthesiolgy from JSS Medical college and Hospital, JSS AHER, Mysuru, completed in May 2019.

- ✓ **MD Anaesthesiology** (2016-2019): JSS Medical College and Hospital, Mysuru with **75.6%** aggregate marks (First class with **Distinction** with **Gold Medal**)
- ✓ Hands-on elective rotation in **Boston University, Massachusetts, Boston, USA** in Pulmonary and Critical Care & Consulting Nephrology from August -September ,2015
- ✓ **MBBS** (2009 – 2015): Kasturba Medical College, Manipal
 - One-year rotatory internship was completed from 2014 to 2015
 - USMLE Step 1 Score :230(1st Attempt) in 2014
 - 4th year :64.4%
 - 3rd year :70.5%
 - 2nd year :75%
 - 1st year :70%
- ✓ **12th boards CBSE** passed with 90% marks from Bhartiya Vidya Bhavan, Thrissur, Kerala
- ✓ **10th boards CBSE** passed with 90% marks from Holy Trinity School, Kanjikode, Palakkad, Kerala

WORK EXPERIENCE:

Fresher

PRACTICAL SKILLS

Experience and exposure in

- General anaesthesia
- Regional anaesthesia
- First hand training in ultrasound guided peripheral nerve blocks in everyday practice.
- Well versed with operation of C-MAC video laryngoscope, Airtraq video laryngoscope and Flexible Fibre-optic Bronchoscope
- Experience in use of various Supraglottic Airway devices like Baska Mask, I-gel, LMA supreme, LMA Proseal etc
- Critical and Intensive care
- Trauma care

I am keen about implementing **Evidence Based Medicine** and the latest **technology** in my practice.

Worked in specialities with a variety of cases in

- Paediatric anaesthesia
- Obstetric anaesthesia and labour analgesia
- Neuro Anaesthesia
- Geriatric Anaesthesia
- Anaesthesia for MRI and CT
- Cardiac catheterization laboratories
- Cardiac Anaesthesia
- Difficult Airway Management
- USG in Anaesthesia and Critical Care
- Anaesthetic services outside the OT

I have been trained in **Research Methodology** by the Department of Medical Education, JSS Medical College, Mysuru

PAPERS AND AWARDS

1. **3rd Prize**-Quiz organised by VIMS, Ballari in **PG-EXCEL-2019**, Raja Rajeshwari Medical College and Hospital, Bengaluru
2. **1st Prize**- Podium presentation on “A comparative study of Airtraq®, Mc Coy and Macintosh laryngoscopes in patients with simulated difficult airway using a rigid cervical neck collar in elective surgeries under general anaesthesia” in **ISACON- South Zone at Tirupati, September- 2018**
3. Presented **paper** on “A comparative study of Airtraq® and Mc Coy laryngoscopes in patients with simulated difficult airway using a rigid cervical neck collar in elective surgeries under general anaesthesia” in **ISACON at Kolkata, November 2017.**
4. Presented a **poster** on “Anaesthetic management in a patient with osteogenesis imperfecta (OI)for rush nailing in femur” in **ISACON-Karnataka, Ballari, August-2017**
5. **3rd Prize**-Quiz competition held by Community Medicine department, KMC Manipal on **World Tuberculosis day (23rd March 2014)**

CME AND CONFERENCES:

- Delegate, PG-EXCEL-2019, Raja Rajeshwari Medical College and hospital, Bengaluru, 2019.
- Delegate, Calicut Anaesthesia Academic Programme (CAAP 2019), Kozhikode, January 2019.
- Delegate CME on Obstetric Anaesthesiology, JSSMC, Mysore, December 2018.
- Delegate, ISACON-South zone 2018, S.V. Medical College, Tirupati, September 2018.
- Delegate, South Zone Critical Care-2018, September 2018, Mysore
- Delegate, ISA South Zone PG Assembly 2018, MES Medical College, Perintalmanna, March 2018
- Delegate, CME and Workshop on Airway Management, Cauvery Hospital, Mysore, January 2018.
- Delegate CME on Paediatric Anaesthesiology, JSSMC, Mysore October 2017
- Delegate, ISACON-Karnataka, VIMS Ballari, August 2017.
- Delegate, Mechanical Ventilation Workshop by ISA Mysuru chapter and Getinge Group, June 2017.
- Delegate, CME on Critical Care, Mysore Medical College, Mysore, December 2016.
- Delegate, CME on Ultrasound in anaesthesiology, JSSMC, Mysore, November 2016.
- Attended Perioperative Critical Care CME conducted by Narayana Hospital Mysore on 7th August 2016, as a delegate.
- AHA certified BLS and ACLS provider –Certified on 21st and 23rd May ,2015 respectively
- Volunteered for a Medical camp arranged by KMC, Manipal on 11th January 2015.

RESEARCH

1. **Publication** in Sri Lankan Journal of Anaesthesia(SLJA) on “A comparative study of Airtraq® and McCoy laryngoscopes for endotracheal intubation in adult patients with simulated difficult airway using a rigid cervical collar in elective surgeries under general anaesthesia” as co-author

<http://doi.org/10.4038/slja.v27i1.8370>

2. Publication under review in Journal of Society of Anesthesiologists of Nepal (JSAN) on “A comparative study of Airtraq® and McCoy laryngoscopes for endotracheal intubation in adult patients with simulated difficult airway using a rigid cervical collar in elective surgeries under general anaesthesia”
3. Completed my **dissertation** on “A comparative study of Airtraq® and McCoy laryngoscopes in patients with simulated difficult airway using a rigid cervical neck collar in elective surgeries under general anaesthesia” under the guidance of Dr Raghavendra Babu T, Assistant Professor, JSSMC, Mysuru

TEACHING EXPERIENCE:

- Taught undergraduate MBBS students in clinical postings on introduction to anaesthesia and critical care.
- Taught junior postgraduate MD and DA students at JSSMC, Mysuru.
- Taught BSc. Anaesthesia Technology and Physician Assistant Students at JSSMC, Mysuru.

LANGUAGE AND COMMUNICATION SKILLS:

- English: Read, write and speak very fluently.
- Malayalam: Read, write and speak fluently.
- Hindi: Read, write and speak fluently.
- Kannada: Speak fluently

TECHNICAL SKILLS:

- Technologically proficient and extremely good in operating anaesthesia workstations (Drager and Datex Ohmeda), monitors and USG machines
- Good at Microsoft Word and PowerPoint.
- Extremely competent at researching articles and journals on the internet.
- Organised and was part of-
 - ❖ CME on Ultrasound in Anaesthesiology, JSS Medical College and Hospital, Mysuru, 2016.
 - ❖ CME on Paediatric Anaesthesiology, JSS Medical College and Hospital, Mysuru, 2017.
 - ❖ CME on Obstetric Anaesthesia, JSS Medical College and Hospital, Mysuru, 2018
 - ❖ Pulse Polio Immunisation Programme (18th January to 21st January 2015).

INTERESTS

Playing football, cricket, cooking, travelling, listening to music.

.