

# Dr. Helena Babu

M.B.B.S, M.S., D.N.B, DOHNS (PART 1)

Specialist – Otorhinolaryngology, Head & Neck Surgery  
Endoscopic Sinus Surgery,  
Microscopic & Endoscopic Ear Surgery,  
Faciomaxillary Trauma Management,  
Micro Laryngeal Surgery,  
Bronchoscopy & Esophagoscopy

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## Curriculum Vitae

### Education:

#### Masters of Surgery (MS)

Otorhinolaryngology. Head & Neck Surgery, Shri Ram Murthi Smarak Institute of Medical Sciences, Bareilly, U.P., India  
May 2017 – May 2020  
University: Mahatma Jyotiba Phule Rohilkhand University

#### Diplomate of National Board (DNB)

New Delhi  
Dec 2020 Session

#### Bachelor of Medicine and Bachelor of Surgery (M.B.B.S)

Institute: Govt Medical College Ernakulam, Kerala, India  
Period: September 2008 – Aug 2013  
University: Cochin University of Science & Technology

#### Basic Certificate Course in Palliative Medicine

Institute: Indian Association of Palliative Care, Shri Ram Murthi Smarak Institute of Medical Sciences, Bareilly, U.P., India  
Period: Dec 2019- Jan 2020

#### 12th: Mater Dei School, Delhi

Period: 2007

#### 10th: Mater Dei School, Delhi

Period: 2005

### Competencies & Experience In Detail

#### Otology:

- Managed cases of CSOM (Safe & Unsafe cases)
- Performed numerous cases on the below
- Myringoplasty
- Tympanoplasty
- Mastoidectomy
- Pinna laceration

#### Rhinology:

- Septal abscess drainage
- Septoplasty
- Dacryocystorhinostomy
- Functional endoscopic sinus surgery
- Diagnostic Nasal Endoscopy
- Endoscopic debridement of Mucor mycosis
- Orbital decompression
- Polypectomy
- Assisted in CSF leak repair
- Adenoidectomy

#### Laryngology:

- Direct Laryngeal biopsy
- Micro laryngeal surgeries

#### Head & Neck Surgery:

- Tonsillectomy (coblation and conventional )
- Excision and incision biopsy
- Assisted in major head & neck surgeries eg. laryngectomy, radical & modified radical neck dissections with mandibulectomy /maxillectomy with free & pedicled flaps

#### OPD:

- Independently managed all routine ENT cases eg: ASOM, CSOM, allergic rhinitis, sinusitis, laryngeal and head & neck pathologies etc
- Perform flexible fiber optic laryngoscopy
- Perform all routine OPD procedures

#### ENT Emergencies:

- Independently managed all sorts of adult & pediatric emergencies
- Epistaxis
- Foreign body ear, nose, trachea, esophagus
- Facial lacerations
- Facial maxillary trauma
- Stridor
- Independently performed
- Nasal packing
- Bronchoscopy

## Experience:

### Senior Resident – Otorhinolaryngology and Head & Neck Surgery

Aug 2020 – Aug 2021 (1 year)  
Shri Ram Murti Smarak of Medical Sciences,  
Bareilly, U.P. - India

### Junior Resident - Otorhinolaryngology and Head & Neck Surgery

May 2017 – June 2020 (3 years & 1 month)➤  
Shri Ram Murti Smarak of Medical Sciences,  
Bareilly, U.P. - India

### Junior Resident - Paediatric Intensive Care Unit (PICU)

April 2015 – Feb 2016 (10 months)  
Chacha Nehru Bal Chikitsalaya,  
New Delhi - India

### House Surgeon

Jan 2014 – Jan 2015 (1 year)  
Govt Medical College,  
Ernakulam, Kerala - India

## Certifications:

Basic Life Support (BLS)  
Advanced Cardiac Life Support (ACLS)  
DOHNS Part 1

## Personal Profile:

Nationality : Indian  
Sex : Female  
DOB : 13-05-1989  
Marital Status : Married  
Lang. Known : English, Hindi, Malayalam

- Esophagoscopy
- Emergency tracheostomy
- Nasal bone fracture repair
- Maxillary & mandibular fracture reduction (ORIF+ IMF)
- Incision & drainage

## UG/PG Teaching:

- Involved in class scheduling & topic selections
- UG & PG research supervision
- Case discussions
- OPD teaching
- Ward rounds

## Publications, Conferences & Workshop

Clinical profile of Maxillofacial fractures in a tertiary care hospital in Uttar Pradesh-UPJOHNS(UP State Journal of Otorhinolaryngology & Head And Neck Surgery )- Vol 6, No 2, Dec 2018

A case of recurrent chondroblastic osteosarcoma mandible- International Journal of Otorhinolaryngology and Head & Neck Surgery. Cancer Pain Management -CME & Hands on Workshop in 2017 – Vol 7, Issue 4, April 2021

CME on Negligence & Litigations in Medical Practice: Fears and Remedies(National Conference of Indian Congress of Forensic Medicine & Toxicology -2017)

Delegate in Explore ENT -2018 (Surgical Workshop)

Delegate in ENT-HN Workshop(Organised by UPAOI) -2018

Delegate in 36th U.P. State Conference of Association of otolaryngologists of India 2018  
2nd prize in poster presentation & Paper presentation

Delegate in CME on Revised National Tuberculosis Control Programme

Delegate in 32nd Annual Conference Of All India Rhinology Society-2019.  
Rhinology Quiz-2nd prize, E-poster & Paper presentation

Attended Live Ear & Cochlear Implant Surgery Workshop and 22nd Hands on Temporal Bone Dissection Course.

Delegate in 37th UPAOICON -2019.-Poster & Paper Presentation

Quiz master for Undergraduate Quiz on World Hearing Day-2021

## Memberships

Life Member of UPAOI  
Uttar Pradesh Medical Council

I hereby declare that the above-furnished information is true to the best of my knowledge and references to this tune shall be provided any time on request.

Helena Babu