
Curriculum Vitae

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Medical Education

Jubilee Mission Medical College and Research Institute, India

08/2011 - 05/2018

M.B.,B.S., 12/2018

USMLE Step 1- 244

USMLE Step 2- 265

USMLE Step 3- 243

ECFMG Certified

Certification/Licensure

ACLS Certified, 10/16/2022

BLS Certified, 08/29/2022

Work Experience

08/2021 - 09/2021

Average Hours/Week: 40

Soho Health, Manhattan, NY, United States of America
Extern in Primary Care, Dr. Andrew Fagelman

This was an ambulatory care setting with a patient population in the younger age group, where many of my patients were on PrEP. Working along with nurse practitioners, I saw 7-12 patients a day. My role involved updating charts and doing a complete physical exam. This provided an opportunity to learn more about the needs of this age group and to gain familiarity with the vaccination requirements. I was able to follow up with patients and see the progress they made. I was also able to attend telehealth visits and prepare notes according to the consultation. Near the end of my rotation, I did a presentation on how to approach patients with abnormal liver biochemical and function tests.

07/2021 - 08/2021

Average Hours/Week: 50

Oakton Park Medical Center, Skokie, IL, United States of America
Extern in Primary Care, Dr. Boris Sheynin

For this rotation in an outpatient setting, I saw an average of 7-9 patients a day who tended to be among the older population. Many were Russian-speaking as well. All of Dr. Sheynin's patients had a good follow-up rate, and working with them allowed me to develop and practice excellent rapport and patient communication skills. I was able to perform treatments such as bursitis injections. I updated the charts and did a full physical exam, discussing findings and care plans with attendings. I also was able to examine and provide a diagnosis of patients and get feedback on the diagnosis provided. I appreciated the teamwork and the camaraderie among the staff. Working with them, I was able to learn more about the newer strategies involved in preventive care such as Cologuard and Coronary calcium scanning. I also learned about point-of-care ultrasound (POCUS) using Butterfly iQ to look for joint effusion and perform an echocardiogram.

06/2021 - 07/2021

Average Hours/Week: 50

Jackson Park Hospital, Chicago, IL, United States of America
Extern in the Department of Family Medicine, Dr. Rajiv Kandala

JPH is an FQHC in an underserved community in Chicago. I had to manage around 4-7 patients daily, present findings to the attending, and suggest any changes in their management. I also made daily notes using the EMR and would update the assessment and the plan accordingly. I was also appointed team leader and had to assign cases to the students and orient new students on the day-to-day proceedings. I had to follow up with the ICU patients as well and update the attending on them. While there, I learned a lot about the hazards of drug abuse as many patients had a history of drug abuse. This was an inpatient rotation, requiring me to come in every day for four weeks. There was an outpatient duty as well where I had to update their EMR and provide medication refills. I effectively worked with nurses and other staff involved and communicated effectively with other departments to provide comprehensive care. This was an opportunity to work as a resident would in the four weeks I rotated.

09/2020 - 04/2021

Average Hours/Week: 54

Amrita Institute of Medical Sciences, Kochi, India
Junior Resident in Department of Infectious Diseases, Dr. Dipu Thareparambil Sathyapalan

I provided consultation to various departments, including ICU's for comprehensive management and followed up various consults to see the progress made or make adjustments on medications. My role included providing surgical COVID-19 clearances for elective and emergency surgeries. I managed COVID-19 patients, including ICU patients; rounded on patients daily; presented patients; and discussed plans with the attending. Collecting swabs for repeat testing and performing antigen testing were also part of my daily duties. While there, I volunteered to take part in the vaccination drive at a primary health care center as a medical supervisor for the vaccination of local health care workers. This experience during the height of the pandemic gave me invaluable insights into teamwork on behalf of patient care during unprecedented circumstances.

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Work Experience

08/2020 - 08/2020

Average Hours/Week: 12

Kinder Multispecialty Hospital, Kochi, India
Medical Officer and Fever clinic,

In my position as a medical officer, I was responsible for the overall evaluation and management of patients with signs or symptoms of COVID-19 or from containment zones in the ED. Part of my role was to be an on-call physician for the patients in the General Medicine wards. This was my first experience working during the pandemic with no prior exposure. It involved dealing with patients while wearing makeshift PPE's, and managing patients with fractures or other complications who come from containment zones. These are areas where there has been a positive case of COVID-19 and has been cordoned off to contain the spread of the virus. I also had to manage any calls from the floors as well.

06/2020 - 07/2020

Average Hours/Week: 38

Linden Medical Center, Brooklyn, NY, United States of America
Extern in Department of Internal Medicine, Dr. Rattanjit Kohli

In this tele-rotation in the Internal Medicine outpatient setting with Dr. Kohli, I actively participated in clinical discussions regarding the management of patients. I was able to gain experience with the eClinicalWorks EMR system, and I saw patients in telemedicine visits and updated their charts accordingly, which included updating labs and diagnostic imaging in the EMR. The position involved working mainly with the underserved community in Brooklyn. As these patients couldn't get the appropriate care during the pandemic, we were educating patients about the need for medication compliance and regular self check-ups such as blood pressure and glucose monitoring. Working efficiently with a group of students, we organized calls and split the number of patients each one of us would see. This rotation also helped me gain exposure to the kinds of tele-visits that are frequently practiced in offices now.

03/2018 - 04/2018

Average Hours/Week: 36

Kingsbrook Jewish Medical Center, Brooklyn, NY, United States of America
Visiting student in Department of Cardiology, Dr. Jai Singh

I worked with Dr. Singh in both outpatient and inpatient settings in a hospital in an underserved area. While there, I was called upon regularly to follow up with patients on the floors and update their progress notes as needed. I also followed up with patients in the outpatient clinic as well as saw new patients. This position allowed me to gain direct experience with the EMR system. I also improved in my ability to read EKGs, interpret various findings on the echocardiograms, and discuss findings with the attending.

02/2018 - 03/2018

Average Hours/Week: 40

Kingsbrook Jewish Medical Center, Brooklyn, NY, United States of America
Visiting student in Department of Internal Medicine, Dr. Adebola Orafidiya

I worked in an underserved community in Brooklyn. It was an inpatient rotation where I rounded daily on 5-6 patients. I would do a daily physical examination and update the attending on the daily progress the patients made. This was my first inpatient hospital experience in the US. I learned how to communicate effectively with ancillary staff. I learned how to work effectively with my fellow students and write SOAP notes. Most of my patients

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Work Experience

were there due to chronic illness and poor education about their illnesses. I was able to educate patients on the need for medication adherence, thus improving their quality of life.

01/2017 - 05/2018

Average Hours/Week: 70

Jubilee Mission Medical College, Thrissur, India

Internship,

This was an internship in various departments consisting of varying work hours, including 24-hour shifts. Generally, I managed patients in wards and the ICU and evaluated new admissions. I also documented the clinical conditions of patients and prepared discharge summaries. At times, I performed various procedures like paracentesis, bone marrow aspiration, suturing, CPR, ET intubation, Foleys catheterization, wound debridement, incision, and drainage. When necessary, I reduced fractures, applied casts, and assisted in surgical procedures. In Obstetrics, I performed deliveries under supervision and repaired episiotomy incisions. During this time, I rotated through subspecialties such as Cardiology, Neurology, Neurosurgery, Plastic Surgery, and Burns. This was an excellent opportunity to gain clinical skills in a busy hospital setting.

Current/Prior Training

None

Research Experience

09/2020 - 04/2021

Average Hours/Week: 24

Amrita Institute of Medical Sciences, India

Research Associate, Dr. Dipu Thareparambil Sathyapalan

I worked on two studies that were being conducted at the same time. One study was to determine the efficacy of Favipiravir in COVID-19 patients against standard of care. Another study was to determine the efficacy of Favipiravir against Remdesivir in patients with moderate or severe COVID-19 infection. The aim of both studies was to determine rates of clinical improvement for each of the groups according to the WHO ordinal scale. I was involved in the study design, and I created a case report form especially for the study. I also was responsible for daily data collection from the patients.

Publications

Peer Reviewed Journal Articles/Abstracts (Other than Published)

Goyal S., Ghimire S., Bhalla S., Sviderskaya O., Nadeem M., Elsayed O., Tangirala P., Yang T., Goswami R., Patel A., Shah H., Cavanagh Y.. (2021, Sep). Obesity and In-hospital Outcomes of Endoscopic Retrograde Cholangiopancreatography. American Medical Association Research Challenge 2021.

Pub Status: Accepted.

Shah H., Sviderskaya O., Bhalla S., Elsayed O., Nadeem M., Ghimire S., Yang T., Tangirala P., Goswami R., Patel A., Shah H., Cavanagh Y.. (2021, Jul). Factors Associated With Post Endoscopic Retrograde Cholangiopancreatography Pancreatitis in Obese Patients. ACG 2021 Annual Scientific Meeting & Postgraduate Course, October 22-27, 2021.

Pub Status: Accepted.

Hobbies & Interests

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I am a badminton player and was part of the college badminton team. I also enjoy playing basketball and soccer. (I am an avid follower of soccer, especially the English Premier League.) Occasionally, I pursue adventure sports like paragliding. I stay fit by training and maintaining a healthy diet. I like to travel, go on treks, and explore nature, and I am interested in political history, particularly World War II. I am also a novice guitar player.

Language Fluency

Language	Language Proficiency	Proficiency Description
Arabic	Basic	I speak the language imperfectly and only to a limited degree and in limited situations. I have difficulty in or understanding extended conversations.
English	Native/functionally native	I converse easily and accurately in all types of situations. Native speakers, including the highly educated, may think that I am a native speaker, too.
Hindi	Advanced	I speak very accurately, and I understand other speakers very accurately. Native speakers have no problem understanding me, but they probably perceive that I am not a native speaker.
Malayalam	Native/functionally native	I converse easily and accurately in all types of situations. Native speakers, including the highly educated, may think that I am a native speaker, too.

Other Awards/Accomplishments

I completed two training courses on COVID-19, one from Harvard Medical School online on mechanical ventilation, and the other from the Government of Kerala. I also excelled in sports and was a part of the college Badminton team, the Basketball team, and the Table Tennis team. In both 2013 and 2014, I was awarded 1st place in the D'zone Shuttle Team Championship, conducted by the University of Health Sciences, and I placed first in the annual college Badminton Individual tournament in 2013.