

## Curriculum Vitae

**Abel Thomas Oommen, MBBS, MD, DM** (Neurology, NIMHANS),

**SCE** (Neurology, UK), (**PDF-** Neuromuscular Disorder)

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## Current Position

Postdoctoral Fellow in Neuromuscular Disorder, Department of Neurology, 2021-present  
National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore.

## Education

DM (Doctorate of Medicine) Neurology, 2018 - 2021  
NIMHANS, Bangalore.

MD (Doctor of Medicine) General Medicine, 2014 - 2017  
MKCG Medical College and Hospital, Berhampur, India

MBBS (Bachelor of Medicine and Bachelor of Surgery), 2007 - 2013  
St. John's Medical College, Bangalore.

## Additional Qualification

Specialty Certificate Examination (**SCE**) in **Neurology** by the Federation 2021  
of the **Royal Colleges of Physicians of the United Kingdom** and the  
Association of British Neurologists

## Certifications

1. Certificate of completion- Neuroradiology for Neurologists Course March 2022  
conducted by Neuro eCourses
2. Certificate of completion- Indian Epilepsy Society Video EEG December 2021  
Course 2021
3. Certificate of completion- National Institutes of Health Stroke August 2020  
Scale International (NIHSSI) Test
4. Certificate course in Evidence Based Diabetes Management March 2015 - Feb 2016  
Cycle IV recognized by the International Diabetes Federation.

5. Certificate course in Management of Thyroid disorders-  
CCMTD cycle II, accredited by the South Asian Federation of  
Endocrine Societies- SAFES & endorsed by Asia and Oceania  
Thyroid Association

March 2016 - Jun 2016

## Work Experience

I am currently a Postdoctoral fellow in Neuromuscular disorder in the department of Neurology at the National Institute of Mental Health & Neurosciences (NIMHANS), Bangalore, one of the National referral Institutes for Neurology, Neurosurgery, and Psychiatry in India.

NIMHANS is recognized for its quality care, training and research. The Department of Neurology has more than 150 beds and offers outpatient, inpatient, and casualty services. It is efficiently supported in its services and training by several other departments, including Neurosurgery, Psychiatry, Neuroradiology, Neurochemistry, Neuropathology, Neuromicrobiology and Neurovirology, Neurophysiology, Clinical Psychology, Neurorehabilitation, Speech Pathology and Audiology.

## Clinical

I attend to patients having general neurological problems in the outpatient services (thrice a week, 30-40 patients), in-patient wards (20-30 beds) including a dedicated stroke unit, intensive care and Emergency services. I deal with patients having Stroke, Epilepsy, Neuroinfection, Headache syndromes, Vertigo, Neuropathic Disorders, Demyelinating Disorders, Myopathies, Dementias, Movement Disorders, Neurodegenerative Disorders.

As a part of my fellowship in Neuromuscular Disorders, I also attend a specialty clinic. I have expertise in managing common and rare neuromuscular disorders including plexopathy, neuropathy, myopathy, autonomic nervous system and neuromuscular junction disorders, disorders of the spinal cord and motor neurons.

## Electrophysiological investigations

- Nerve conduction studies (NCS) – I perform and interpret 20 to 30 NCS per month. I also do repetitive nerve stimulation for neuromuscular junction disorders, median versus ulnar studies for carpal tunnel syndrome, upper limb proximal stimulation studies for brachial plexopathy, blink reflex and sympathetic skin response.
- Electromyography (EMG) – I perform and interpret 10 to 20 EMG per month to look for spontaneous activity, duration and amplitude of motor unit action potentials, recruitment.
- Polysomnography (PSG)- I have performed and interpreted 50 PSG as a part of my dissertation. I have interpreted sleep stages, periodic limb movements, apnea- hypopnea index.
- Electroencephalogram (EEG)- I interpret around 20 EEG per month including video EEG telemetry.
- Evoked Potentials (EP)- I interpret 15 to 20 EP per month. This includes visual, auditory, and somatosensory evoked potentials.
- Nerve and Muscle Ultrasonography- I perform and interpret nerve and muscle ultrasonography as a part of motor neuron disease workup, carpal tunnel syndrome and other mononeuropathies.

## Invasive Procedures

- Lumbar puncture (LP) – I routinely perform 15 to 20 LP per month.
- Nerve Biopsy- I routinely perform 2 to 3 nerve biopsies per month as part of vasculitis and pure neuritic leprosy workup.
- Muscle biopsy- I routinely perform 2 to 3 muscle biopsies per month.
- Skin biopsy- I routinely perform 2 to 3 skin biopsies per month as part of small fiber neuropathy workup.

## Imaging

I interpret CT and MRI of brain, MRI of spinal cord, MR Neurography, MR and CT angiography, Muscle MRI including advanced imaging modalities like PET MRI, fMRI.

## Teaching

Teaching responsibilities include lectures for postgraduates in Medicine undergoing Neurology specialty training, and active participation in Neurology training programmes - journal clubs, seminars, and bedside case discussions.

## Previous Academic Appointments

Senior Resident, **Department of General Medicine**, 2017  
Malankara Orthodox Syrian Church Medical College, Kolenchery, **Kerala**.

## Licensure

Registered medical practitioner under Travancore Cochin Medical Council (TCMC) Registration no.: 58023. 8/07/2016 - present

## Professional Memberships

1. Life member of Indian Medical Association 2015
2. International Parkinson and Movement Disorder Society 2020
3. Life member of Indian Epilepsy Society 2021

## Educational Activities

- Bedside teaching of general neurology to rotating residents in clinic and during the inpatient service 2018 - present
- Graduate student teaching 2017
- Bedside teaching for 3rd and 4th year medical students in clinic and inpatient service 2014 - 2017

## Dissertation

Study of Sleep abnormalities in patients with NMOSD - MOG related disorders.

Research Guide: Dr. Netravathi M, Additional Professor, Department of Neurology, National Institute of Mental Health and Neurosciences, Bangalore.

## Awards

- NEURO ID COURSE 2019, **Liverpool** Neurological Infectious Diseases Course, conducted by University of Liverpool. **First Runner up** for the paper presentation 'Post vaccinal Paralytic Rabies: A diagnostic Dilemma at Liverpool, United Kingdom, 6-7 June 2019
- HEMATOCON 2016, 57<sup>th</sup> Annual Conference of India Society of Hematology and Blood Transfusion (ISHBT), Cuttack, Odisha. Secured **Second place** at the State level Hematology Quiz, 4<sup>th</sup> September 2016.
- APICON ODISHA 2015, 35<sup>th</sup> Annual conference of Association of Physicians of India, Odisha State Branch. Awarded **Second place** in the Critical Care Quiz at Bhubaneswar, 14-15 November 2015.

## Publications

1. Netravathi M, Holla VV, Nalini A, Yadav R, Vengalil S, Oommen AT, Reshma SS, Kamble N, Thomas PT, Maya B, Pal PK, Mahadevan A. Myelin oligodendrocyte glycoprotein-antibody-associated disorder: a new inflammatory CNS demyelinating disorder. J Neurol. 2021 Apr;268(4):1419-1433.
2. Seshagiri DV, Huddar A, Nashi S, Ray S, Ramaswamy P, Oommen AT, Chawla T, Yadav S, Annapureddy J, Jankar R, Polavarapu K. Altered REM sleep architecture in patients with Myotonic dystrophy type1: Is related to sleep apnea? Sleep Medicine. 2021 Jan;1(79):48-54.
3. Ganeswar S, Abel OT, Geetanjali S, Swain A, Behera S. Hepatobiliary abnormalities among people living with HIV/AIDS in southern Odisha. European journal of pharmaceutical and medical research. 2019;6(5):635-639
4. Ashwini GS, Ramesh N, Navya CJ, Joy J, Oommen AT, Singh J. Probable mental illnesses among tea plantation workers in Anaimalai, Tamil Nadu, South India. International Journal of Community Medicine and Public Health. 2017 Apr;4(4):982-986.
5. Oommen AT, Sethy G, Minz NT, Patra J, Panda SS. Unusual presentation of porencephalic cyst in an adult. Journal of clinical and diagnostic research: JCDR. 2017 Feb;11(2):12-13.
6. Ashwini GS, Ramesh N, Navya CJ, Joy J, Thomas A, Jyoti S. Mental health status of workers in selected tea estates, Tamil Nadu, India. International Journal of Occupational Safety and Health. 2015;5(2):23-7.

## **Abstracts and Presentations**

### **Oral Presentations**

#### National/International

1. NEURO ID COURSE 2019, Liverpool Neurological Infectious Diseases Course, conducted by University of Liverpool. Paper presentation 'Post vaccinal Paralytic Rabies: A diagnostic Dilemma at Liverpool, United Kingdom, 6-7 June 2019
2. APICON 2015 ODISHA, 36th Annual conference of Association of Physicians of India, Odisha State Branch, presented 'Hepatobiliary involvement in PLHAs of southern Odisha' at Cuttack, 12-13 November 2016

### **Posters**

#### International

1. MS VIRTUAL 2020, 8th Joint ACTRIMS-ECTRIMS Meeting. Presented poster 'Study of Sleep Abnormalities in patients with Neuromyelitis Optica Spectrum disorder – AQP4, seronegative NMOSD and MOG associated disorders', September 11-13, 2020.

#### Regional

1. T.S. SRINIVASAN – NIMHANS Knowledge Conclave 2020, presented poster 'Carotid artery dissection – A tertiary care experience', 7-8 February 2020
2. ARPrAN – 2019, NIMHANS Annual Reviews in Practical Neurology. Presented poster 'A rare cause of rapidly progressive dementia – Biotin – Thiamine responsive Basal ganglia disease', 16-19 August 2019
3. MS SUMMIT 2018, presented poster 'Sleep Abnormality in NMOSD – MOG related disorders', 25th November 2018 at Bengaluru
4. HEMATOCON 2016, Extramedullary plasmacytoma in a sickle cell beta thalassemia patient: A case report at Odisha State Haematology conference, Cuttack, Odisha, 4th September 2015

17/04/2022