

**Curriculum Vitae**  
**Sara Jaison MBBS, MD, Fellowship in Advanced**  
**Regional Anaesthesia and Trauma**

Department of Anaesthesiology, St. John's Medical College Hospital,  
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**Education**

- MD (Doctor of Medicine) Anaesthesiology, K. S. Hegde Medical Academy, Mangalore, India 2015 - 2018
- MBBS (Bachelor of Medicine and Bachelor of Surgery), Father Muller Medical College, Mangalore, India 2009 - 2015

**Current Position**

Senior resident, Department of Anaesthesiology, St. John's Medical College Hospital, Bangalore 2019 - present

**Additional Qualification**

- Fellowship in Advanced Regional Anaesthesia and Trauma, Ganga Medical Centre and Hospitals, Coimbatore, India 2018

**Certifications**

1. Specialty training at National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore in Anaesthesia for Neurosurgery, Neuroradiology, Electroconvulsive therapy and Neurocritical Care November 2016
2. Basic Life Support (BLS) and Advanced Cardiac Life Support (ACLS) conducted by American Heart Association July 2016

**Work Experience**

I am currently a Senior Resident in the Department of Anaesthesiology at St. John's Medical College Hospital, Bangalore, a 2000 bedded tertiary care referral and teaching hospital.

Established in 1963, St. John's Hospital is recognized for its quality care, training and research. The Department of Anaesthesiology caters to 24 operations theatres along with a 10 bedded Surgical Intensive Care Unit. It has 14 MD Anaesthesia seats every year affiliated to Rajiv Gandhi University of Health Sciences. It also provides remote anaesthesia services for Catheterization Laboratory, Endoscopy suite, Electroconvulsive therapy, Brachytherapy, CT and MRI.

## Clinical

- I regularly anaesthetise patients undergoing elective surgeries in obstetrics and gynaecology, general surgery, orthopaedics, ENT, ophthalmology, plastic surgery, paediatric surgery, cardiothoracic surgery, neurosurgery and urology (6 days a week, 3-6 patients/day)
- I independently anaesthetise patients for emergency surgeries on my on-call days (5 days/month, 15-20 patients/day)
- I perform pre-anaesthetic assessment for ASA 3 and 4 patients at bedside (2-3 patients/day)
- I conduct pre-anaesthetic check-ups in the outpatient department (once a week, 20-30 patients/day)
- I anaesthetise COVID-19 patients for elective and emergency surgeries.

## Invasive procedures

1. I have expertise in ultrasound guided nerve blocks. I routinely provide regional anaesthesia for:
  - Upper limb surgeries - interscalene, supraclavicular, costoclavicular, infraclavicular, axillary, median, ulnar and radial nerve blocks
  - Lower limb surgeries - sciatic, adductor, femoral, pericapsular nerve group, lateral femoral cutaneous nerve blocks
  - Thoracic and abdominal surgeries - rectus sheath, transversus abdominal plane, quadratus lumborum and pectoral nerve blocks
2. I regularly provide general anaesthesia with endotracheal intubation and supraglottic airway devices. I also manage patients with anticipated difficult airway.
3. I routinely perform central neuraxial blocks – spinal, epidural and caudal blocks
4. I frequently perform central venous and arterial cannulations

## Critical Care

- I manage patients in the Intensive Care during my ICU rotation.
- I routinely perform lung ultrasound, Extended Focussed Assessment with Sonography in Trauma (E-FAST), ultrasound guided central venous catheterization, arterial cannulation, insertion of haemodialysis catheters, point of care echocardiography and lower limb deep vein thrombosis scans.
- I perform percutaneous tracheostomy, bronchoscopy and insertion of intercostal drains.
- I have managed COVID-19 patients in the intensive care unit.

## Teaching

- My teaching responsibilities include lectures for undergraduates and postgraduates in Anaesthesiology.
- I actively participate in Anaesthesiology training programmes - journal clubs, seminars and case discussions.

## Licensure

Registered medical practitioner under Karnataka Medical Council (KMC) Registration no.: 109266

24/03/2015 - present

## Professional Memberships and Activities

Life member of Indian Society of Anesthesiologists 2016

## Educational Activities

- Post Graduate teaching 2018 - present
- Clinical teaching to rotating residents (Interns) 2015 - present
- Bedside teaching for 3rd and 4th year medical students in the clinic and operation theatre 2015 - present

## Dissertation

Comparison of leg elevation and wrapping in the prevention of propofol induced hypotension - A prospective randomized controlled study.

Guide: Prof. (Dr.) Sripada G Mehandale, Professor and HOD, Department of Anaesthesia & Critical Care, K.S Hegde Medical Academy, Mangalore

## Awards

- ISACON KARNATAKA 2017, Annual conference of Indian Society of Anaesthesiologists, Karnataka Chapter conducted at Bellari. Secured **First position** for the lecture 'Oxygen Reserve Index' for Trainee Talent Session, 11th-13th August 2017

## Research conducted

1. Ongoing study: Incidence of phrenic nerve palsy in ultrasound guided supraclavicular and costoclavicular brachial plexus block – a comparative study
2. Dissertation: Comparison of leg elevation and wrapping in the prevention of propofol induced hypotension - A prospective randomised controlled study
3. Cephalic Spread of block with head down tilt in spinal anaesthesia – a randomised controlled study
4. Evaluation of metallo-beta-lactamase (MBL) production and antimicrobial effects of herbal products on multidrug resistant (MDR) Acinetobacter species – awarded Short Term Studentship (STS) by Indian Council of Medical Research (ICMR) in 2011

## Presentations

1. Paper presentation: "Cephalic Spread of block with head down tilt in spinal anaesthesia – a randomised controlled study" at ISACON KARNATAKA 2017, 11th-13th August 2017 at Vijayanagar Institute of Medical Sciences, Bellary, Karnataka
2. Debate 'Pre-loading vs Co-loading' in CME organised by ISA Kasaragod city branch at Nileshwara on 21st May 2017
3. Poster presentation: "Mucormycosis in a post CABG, diabetic patient" at the 64th National conference of Indian society of Anaesthesiologists ISACON 2016, 26th – 29th November 2016 at Ludhiana, Punjab.

Date: 17/04/2022