

NAME: Dr. Aarthi Ramesh

SCHOOLING: Chinmaya Vidyalaya, Vaduthala, Cochin

MBBS REGISTRATION NUMBER: 60815

Kerala University of Health and Allied Sciences
Completed March 2016

MD PAEDIATRICS: Awaiting results

PREVIOUS EXPERIENCES:

1. Malankara Orthodox Syrian Church Medical Hospital, Kolenchery - MBBS (2010-2015), Compulsory Rotatory Resident Internship (2015-2016).
- Gold medallist in final year MBBS.
2. Casualty Medical Officer, Medical Trust Hospital, Cochin- 2017 to 2018
3. Institute of Child Health and Hospital for Children, Madras Medical College, Chennai- MD Paediatrics post graduation programme- 2019 to 2022

POSTING DETAILS DURING MD PAEDIATRICS PROGRAMME:

1. General paediatrics ward- 15 months
2. Neonatology and post natal ward - 8 months
3. Emergency room - 3 months
4. Paediatric intensive care unit- 3 months
5. Paediatric Gastroenterology - 1 month
6. Paediatric Pulmonology- 1 month
7. Paediatric Neurology - 1 month
8. Haemato-oncology- 1 month
9. Paediatric Nephrology - 1 month
10. Paediatric Cardiology - 1 month
11. Paediatric surgery - 1 month
12. Immunisation clinic- 1 month

13. Paediatric COVID ward and ICU- 2 months

14. Paediatric echocardiography training- 2 weeks

PRACTICAL SKILLS:

Securing intravenous lines

Securing intraosseous lines

Central venous catheter insertion

Bladder catheterisation

Arterial blood gas sampling and analysis

Bag and mask ventilation

Cardiopulmonary resuscitation and defibrillation as per PALS guidelines

Neonatal resuscitation as per NRP

Endotracheal intubation

Lumbar puncture

Pleural tapping

Ascitic fluid tapping

Peritoneal dialysis

Insertion of closed intercostal drainage tube

Bone marrow aspiration

Intrathecal chemotherapy

Insertion of nasogastric/orogastric tubes

Resting gastric juice aspiration

Neonatal intubation

Surfactant administration by InSureE technique

Neonatal exchange transfusion

Partial exchange transfusion

Identification of surgical emergencies- malrotation of gut, necrotising enterocolitis, pneumothorax, abscess, torsion testes

Management of hypothermia

Management of severe acute malnutrition

Management of Dengue fever/ DHF/DSS

Diagnosis and management of Scrub typhus, Leptospirosis, Malaria

Diagnosis of Tuberculosis - pulmonary and extrapulmonary

Ultrasound diagnosis of pleural effusion, ascites

Management of child abuse
Counselling of parents

NATURE OF EMERGENCIES MANAGED:

- Status Epilepticus
- Status Asthmaticus
- Cyanotic spells
- Diabetic Ketoacidosis
- Acute Laryngotracheobronchitis
- Epiglottitis
- Cardiogenic Shock
- Dengue Shock Syndrome
- Anaphylactic shock
- Hypovolemic Shock
- Septic Shock
- Pulmonary edema
- Pneumothorax
- Empyema Thoracis
- Non Traumatic Coma
- Traumatic brain injury
- Paediatric polytrauma
- Cardiac Arrhythmias
- Hypertensive Emergencies
- Cardiopulmonary Resuscitation
- Drowning
- Neonatal Resuscitation
- Neonatal Seizures
- Neonatal shock
- Apnea Of Prematurity
- Neonatal hypoglycemia and Hyperglycemia
- Neonatal polycythemia
- Neonatal hypothermia
- Neonatal Primary Pulmonary Hypertension
- Meconium Aspiration Syndrome

- Snake Bite
- Scorpion Sting
- Organophosphorus poisoning
- Kerosene poisoning
- Acetaminophen Poisoning
- Iron poisoning
- Rodenticide poisoning
- Burns

JOURNAL CLUB DISCUSSION:

- Aquagenic wrinkling test in Cystic fibrosis
- Feeding in preterm babies
- Recent advances in cerebral malaria
- Zinc in acute diarrhoeal disorder
- Management of steroid resistant nephrotic syndrome
- Therapeutic hypothermia in HIE
- Low osmolar ORS and Super ORS
- Acute phase reactants
- CRP in CSF in acute bacterial meningitis
- IAP Guidelines for PEM Management
- IAP Guidelines for Rheumatic fever
- IAP guidelines for management of Rickettsial infections
- GINA guidelines for asthma
- Management of Neurocysticercosis
- AHA guidelines for management of Kawasaki disease
- WHO management of MIS-C
- NTEP guidelines for management of Tuberculosis
- Hypertonic saline nebulization in Bronchiolitis
- Immunogenicity and safety of Rotavirus vaccine
- Role of salicylates in Kawasaki
- Common Drug poisoning

SYMPOSIUM AND CASE PRESENTATIONS:

- Neonatal Sepsis Dr.Mekalai
- Hemorrhagic Fever Dr.Sathyamoorthy
- Protein Energy Malnutrition Dr.Srinivasan
- Cyanotic Heart Diseases Dr.Laksmi
- Refractory Ascites Dr.Nirmala
- Respiratory Distress Syndrome Dr.Kamalarathnam
- Acyanotic Congenital Heart Disease Dr.Anuradha
- Meningitis Dr.Leema Pauline
- Viral Hepatitis Dr.Balasubramanian
- Fever of unknown origin Dr.Laksmi
- Neonatal seizures Dr.Rukmini
- Acute Flaccid paralysis Dr.Leema Pauline
- Neonatal hyperbilirubinemia Dr.Kamalarathnam
- Fever with Rashes Dr.Srinivasan
- Ricketts Dr.Manorajan
- Portal hypertension Dr.Nirmala
- General Approach to poisoning in children Dr.Poovazhagi

The above topics were presented as cases and symposium at Madras Medical College, Chennai.

PRESENTATIONS:

- Approach to Acute flaccid paralysis
- Fever without focus
- Fever with rash
- Approach to Inborn error of Metabolism
- Newer Modalities in prenatal diagnosis and Genetic counselling
- Newer Diagnostic modalities in Neonatal Sepsis
- Approach to Respiratory distress in Newborn
- An Overview of Hospital Acquired Infections in Paediatric and Neonatal Intensive Care Units
- Indications of Vasoactive Drugs in Emergency Department
- An Approach to non traumatic Coma in Children
- An Overview on Post Resuscitation Care
- An Approach to Bleeding Neonate

RESEARCH TOPIC:

Clinical profile and correlation between haematocrit, pleural effusion, type of intervention in relation to severity of Dengue fever

KNOWLEDGE GAINED:

- acquired skills in ultrasound techniques
- Identification and quantification of pleural fluid
- Identification of gall bladder wall oedema
- Management of Dengue fever
- Respiratory intervention in pleural effusion

WORKSHOPS AND CONFERENCES:

1. Indian young child feeding practices workshop (IYCF)- Chennai, January 2020
2. 45th annual Pedicon 2021, Pondicherry (17th to 18th December 2021)
3. Neonatal CME on preterm care, Stanley medical college, Chennai (5/3/2022)
4. Fourth Annual National Conference of the Fever foundation (17/8/2021)
5. Paediatric Gastrocon 2021(22/2/2022)
6. WHO micronutrient workshop - Dr. Elizabeth (17/3/2022)

CASE EXPOSURE AT ICH, CHENNAI:

OPD: 24 hour OPD services at ICH, Chennai. Number of patients per day ~ 1000. Per 3 hour shift- 200.

IP: ICH is a 390 bedded hospital with 60 beds per unit. Number of admissions per day - 60 on an average, usually goes up to 150 per day during outbreaks.

ICU: 24 bedded PICU

20 bedded level 2 NICU

10 bedded level 3 NICU

PERSONAL INFORMATION:

I consider myself a calm and collected individual. My love for children and patience with them have conferred upon me an added advantage in this field of Paediatrics. My hobbies are reading, painting and cooking. I am a fitness enthusiast with an interest in Zumba.

My spouse, Dr. Nikhilesh Nair, is an Orthopaedic surgeon who has completed his MBBS from Amrita institute of medical sciences and MS from Sri Ramachandra Medical College, Chennai.

I look forward to working with an experienced and motivated team of Paediatricians and hope to learn enormously along the way from the respectful seniors and my patients. I take a special interest in Paediatric Cardiology and hope to pursue the same in the future.

REFERENCES:

1. Dr. S. Srinivasan
State Nodal Officer, Child Health
Tamil Nadu

Contact: 9445525400

2. Prof. Dr. Mekalai Sureshkumar
Unit Head
ICH & HC
Chennai
Contact: 9840189777

3. Dr. Suresh Kumar
Assistant Professor
ICH & HC
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