

Dr.NIRMAL MOHAN

MBBS



Contact

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SKILLS

- Team work and leadership
- Proficiency in clinical procedures
- ECG,Xray,ABG interpretation
- Communication and interpersonal skills
- Acute and intensive care experience

Languages

- Malayalam
- English
- Hindi

Education

MBBS

Government Medical College,Ernakulam, Kochi

Undergraduate medical education and Compulsory Rotating Residential Internship

Employment

House Surgeon. **August 2021 – August 2022**

Government Medical College,Ernakulam, Kochi

Compulsory Rotating Residential Internship

1) General Medicine including psychiatry -2 months :

Manage IP patients in the ward-CLD,CAD-ACS,CVA-Hemiplegia, Quadriplegia, Bell's palsy ,COPD Exacerbation, LRTI ,Bronchiectasis/Lung abscess, Valvular Heart Disease-severe MR/AR/AS/TR, Rheumatic Fever, Infective Endocarditis.ICU duties – Organophosphate Poisoning, NSTEMI/STEMI, ARDS, Hepatic Encephalopathy, CKD on Hemodialysis.I was exposed to Emergency casualty cases like Bronchial Asthma/COPD Exacerbation, Upper GI bleed, Fever - Dengue/ Leptospirosis, chest painCAD/Gastritis /Diarrhoea /Snake bite/ Attended psychiatry OPD/IPD/casualty .

2)Respiratory Medicine- 15 days

I was exposed to diagnosis and management of TB , COPD, Asthma, Pneumonia, Bronchiectasis and observing procedures like bronchoscopy and thoracoscopy.

3)Casualty -15 days

I was exposed to cases like trauma, shock, head injury, skin cuts. I had sutured and given local anesthesia during this posting.

4)Obstetrics and Gynaecology- 2 months

I had attended Gynecology OPD ,IPD, Gynecology casualty observing gynecological operations , counseling patients regarding pre operative steps and checking anesthesia fitness for patients due to undergo surgery. Managing GDM patients at IPD with the help of seniors , observing and reporting abnormal blood sugars, discussing with radiology department regarding scans and appointments, Informing OT regarding emergency surgeries, arranging bloods, counseling patient relatives regarding surgery, tracing blood results, assisting senior surgeon in operation and learning the suturing techniques from them, presenting ward cases and labour room cases to consultant early in morning and

updating the events happened at night and evening . Informing pediatric team regarding impending delivery and scan reports.

5)General Surgery including Anesthesia- 2 months

I had attended surgery OPD/IPD/wards/OT/SICU/Surgery casualty during my tenure. Involved in morning rounds , checking blood results , writing prescriptions, checking X-rays, scan reports, presenting cases to senior on rounds, ordering investigations, changing medications, getting anesthesia fitness for patients, arranging bloods, transfusing bloods, blood cultures, venous cannulation, MRSA screen, counselling patients and relatives regarding pre operative procedures and post operative procedures, checking the wound sites and dressing, assisting senior surgeons during operations, typing discharge letters after senior guidance. I also attended anesthesia OPD - seen patients coming for anesthesia fitness, took history, observing seniors during consultation, assisted in spinal anesthesia and general anesthesia, checked vitals, maintained records of operation.

6) Pediatrics- 1 month

I had attended OPD/IPD/ward/SNBU/PICU/Pediatric casualty during my tenure. Involved in morning rounds, assisted postgraduate students in presenting cases, learning cases from postgraduate students and other senior staff, measurement of height weight , HC/AC, recording them in case sheets, typing discharge letters after senior guidance, checking immunization, hydration, developmental milestones, completing prescription sheets, counselling parents and monitoring vitals of babies and young persons admitted in ICU and informing senior staff regularly. taking bloods from new born babies and young persons

7) Community Medicine- 2 months

I attended OPD at various centers in the community. counselling patients and referring them to higher centers under supervision, interpreting basic blood tests and ECG and taking action. attending awareness camps and counselling patients regarding NCD and psychiatry health. Encouraging them to attend screening programs and importance of vaccination.

8)ENT- 15 days

I got good exposure to A/c Tonsillitis, Adenoid enlargement ,ASOM/CSOM/ Cholesteatoma, ear wax, Peritonsillar abscess, CA Larynx. In the casualty, I could also do foreign body removal from ear/nose/ throat both independently as well as under specialist supervision. I Could assist in cases-Tonsillectomy, Adenoidectomy, Direct Nasal Endoscopy, Ear irrigation, Video Laryngoscopy.

9) Ophthalmology- 15 days

I attended eye OPD/IPD/OT /Casualty seen cases like Anterior Uveitis, Conjunctivitis, Keratitis/Corneal ulcer, Orbital Cellulitis, Keratoconjunctivitis sicca, Cataract, Glaucoma, Refractory errors Myopia, Hypermetropia, Astigmatism, Presbyopia. I could also do basic procedures-foreign body removal, eye irrigation ,tonometry.

10)Orthopedics - 1 month

I attended orthopedic ward/casualty/IP/OT/SICU. seen cases like bone fracture, helped senior staff in reduction of fracture, preparing OT, emergency operations, ward rounds , ordering

investigations, interpreting test results and updating senior staff regarding patient progress, typed discharge and prescription sheets after senior review

11)COVID19 work experiences

I have done ward duties in the covid 19 isolation wards and also in the covid 19 intensive care units during my 1 year internship programme. I was also posted in the covid triage and collected swab samples from patients during that period.

References

Dr Kala Kesavan

Government Medical College,Ernakulam,
Kochi

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