

# Dr Ajith Surendran

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## PROFESSIONAL SUMMARY

Motivated and dedicated young doctor with 15 months work experience and a track record of good medical care and teamwork, seeking for a suitable position to gain experience in Emergency Medicine, cleared PLAB part 2.

## EDUCATION

- **PLAB 2 TEST** – Passed on January 31, 2023.
- BACHELOR OF MEDICINE AND BACHELOR OF SURGERY - Govt. T D Medical College, Alappuzha 2015 – 2021. Graduated within single attempt.
- Schooling – St Peters Senior Secondary School, Kadayiruppu.

## CERTIFICATIONS

1. **Participated in EM SONO – a hands on workshop organized by Government Medical College Kozhikode in association with AIIMS and INCUS (International Network for Critical Ultrasound) on emergency ultrasound procedures including ABCD assessment, e-FAST, focused ECHO, Kidney & GB and iv access using ultrasound.**
2. Successfully completed **ALS-Resuscitation Council UK** on 04/03/2023.
3. Completed **Edward Jenner Programme** 2023 course by NHS leadership academy.
4. **CME ON NATIONAL TUBERCULOSIS ELIMINATION PROGRAM-** March 2022.
5. *Participation in CME, AFPICON Kerala 2022, "Person Centric Care, The sweetest pill" -*
6. **OCCUPATIONAL ENGLISH TEST-** Gold Standard on 20<sup>th</sup> November 2021.
7. *Certificate of participation in video competition in the world health day 2017- "DEPRESSION: LET'S TALK", hosted by Indian Association of Preventive and Social Medicine (IAPSM).*

## MEDICAL EXPERIENCE

1. Honorary Observer in University Hospitals Birmingham NHS Trust  
February to march 2023 – 4 weeks.
  - Based in Renal ward.
  - Familiarised with the hospital IT system- PICS, PACS and UHB clinical portal.
  - Presented cases in the ward rounds with good feedback from the consultant.
  - Took part in daily MDT meetings for deciding management plans for each patient.

- Observed ward rounds for daily patient follow ups and implementing the plans.
- Attended Morbidity and Mortality, Quality & Safety meetings and learnt the Governance framework.
- Consolidated my team-working skills and communication skills by observing the roles of every colleague in the ward including the nurses, occupational therapist, dieticians, physiotherapist and understood the importance of working together as a team, keeping patients at the center of all decision making.
- Understood the logistics and day to day ward working such as cross specialty referrals, contacting the pathology laboratories and organising radiology interventions.
- Attended weekly journal club and monthly biopsy meeting and understood the role of evidence-based medicine directly applied to the patient care.
- Observed procedures including ascitic drain and femoral line insertion.
- Understood the working pattern of A&E.

## 2. Non-Academic Junior Resident in Department of Orthopaedics

Govt Medical College, Idukki

November 2021 – November 2022.

- Duties include preparing patients ahead of ward rounds, taking bloods and sending relevant investigations, explaining surgical procedure and taking consents along with preparing patients for surgery, post-op wound care, writing discharge letter, OP clinic and fracture splinting.
- Managed Out-patient clinic and conducted specific examinations for detecting Musculo-skeletal conditions.
- Aided Rheumatoid Arthritis patients in their pain control and follow up.
- Performed minor Orthopaedic procedures like Open Carpel Tunnel Release, De-Quervains tendinitis release, ganglion cysts excision, Trigger finger release, extensor tendon repair, wound debridement & suturing under supervision.
- Assisted major procedures like Hemiarthroplasty hip, open reduction internal fixation of long bones, K-wire fixation.
- Gained skills in communicating with In-patients while taking daily rounds and providing post-operative care which includes dressing of wounds, mobilization and advising physiotherapy.
- Club foot clinic - Gained essential skills and knowledge to assess club foot severity & PIRANI scoring and have assisted in giving serial Ponseti cast to infants & children.
- Worked in general casualty duties which involved managing sick patients that include initial resuscitation and stabilisation and referral to appropriate specialties for continuing care. Competency in emergency care to provide CPR. Learnt the basics of medico-legal aspects and understood the importance of clear and accurate documentation.
- Took the role of medical officer in mock drill mimicking landslide in association with district health department, fire & safety and disaster management, thereby understanding the importance of emergency response teams and triaging & providing first line treatment like cannulation and splinting at the site of disaster.

## 3. Non-Academic Junior Resident

Govt. T D Medical College, Alappuzha April – July 2021

- Worked in COVID-19 triage, wards and ICU.
- Duties include triaging covid-19 patients and admitting them appropriately.

- Assisting in rounds, ran essential blood tests according to covid-19 protocol.
- Changed/Prescribed medicines, adjusted insulin doses accordingly.
- Explaining the importance of antivirals and plasma exchange to the patients and taking consent for the same.

## **VOLUNTEER WORKS**

- Volunteered in Flood Relief camps at Alappuzha in 2018 Kerala floods.
- Associated as Medical Officer in a mock drill conducted in co-ordination with District Health Department Idukki, Fire & Rescue team and Disaster Management. Simulation of landslide and emergency rescue procedure was done in order to equip residents how to face natural calamities and for training & quality improvement of professionals involved. Deficiencies were found out and reported.

## **PERSONAL STATEMENT AND SKILLS**

Possess good communication skills, patience and empathy which helped in attaining good rapport with patients and execute a perfect consultation.

Used to spend more time in Emergency department during internship because of immense interest in it. This helped to improve skills in handling challenging situation and increased confidence in providing emergency care to critically ill patients in a timely manner.

Keeps healthy and sustainable relationship with colleagues by exchanging feedbacks and supporting them. This has helped in lateral thinking and combined learning.

Have a particular interest in learning USG guided procedures, and have never missed an opportunity to observe procedures like FAST, regional block anaesthesia and central line insertion.

- Excellent skills in phlebotomy, cannulation, suturing, wound dressing, which was done on every working day.
- Wound exploration, debridement, tendon repair and fracture splinting with/without senior supervision after getting specific instructions.
- Experience in surgical drain removal during ward rounds under supervision.
- Due to immense interest in procedures, got an opportunity to give spinal anaesthesia under the guidance of consultant.
- Have actively involved in teaching nursing students and undergraduates with positive feedback about procedures like dressing, suturing, phlebotomy, suture removal, NG tube insertion, urinary catheterization.

## **CO-CURRICULAR ACTIVITIES**

- Participated in dance programmes during undergraduate training period.
- Actively involved in the organising committee of Medical Exhibition (MEDEX) conducted in college.

## **RESEARCH / TEAMWORK**

- Study of Morbidity Pattern and Risk Factors among Prawn Peelers in Ambalappuzha North Panchayat in 2017- 18 with an aim to determine the prevalence of health issues and diseases among 300 subjects.  
Conclusion: - The most common morbidity among prawn peelers was arthritis (82%), followed by numbness (71%), skin diseases (28.3%), asthma (27%) and gynecological diseases (17%).
- As a part of world health day 2017, I was the core member in making a short film for the video competition hosted by IAPSM- Indian Association of Social and Preventive Medicine on " Depression- Let's Talk "

## **LANGUAGE SPOKEN**

1. English
2. Malayalam (Native)
3. Hindi ( limited professional proficiency)

## **REFERENCES**

1. Dr Vijayan Suresh  
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