

# DR. JESTIN K J MBBS



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📍 Chennai, India

🇮🇳 Indian

👤 Unmarried

## Summary

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A dedicated and Compassionate Clinical acumen with a recent Residential medical internship In a Tertiary hospital. My personal vision is to pursue excellence in clinical practice ,to be an advocate for access to care concern and to serve the community as a comprehensive Medical Doctor. My aim to perfect my ability to deliver evidence based medicine using state of art -treatment modalities and techniques and with a keen interest in Clinical Research and also Interested in exploring opportunities. To add value in an exciting professional role and be the partner for healthcare and commercial stakeholders to help bridge communication between clinical development and commercial success.

## Professional Experience

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2022

### **Compulsory Rotatory Medical Internship- CRMI,**

*Sri Lakshmi Narayana Institute of Medical sciences Pondicherry*

- Undergone clinical postings and got hands on clinical experience from each and every departments such as General Medicine/ General surgery Paediatrics/OBG/Community Medicine/Emergency medicine/Orthopaedics/Psychiatry/Anaesthesia/Radiology/Otorhinolaryngology/Ophthalmology etc.
- Oversaw day to day follow up of admitted patients that includes thorough clinical history taking, clinical examination and monitoring vitals, documentation, made.
- Arrangements for necessary investigations ( conducting diagnostic procedures with our paramedical staffs) following which case presentation to professor and updating the treatment protocols -as per clinical decisions were taken.
- Seminar and case discussion at afternoon.
- OPD/IP/ICU-Coronary, Neurological, Psychiatric,Surgical, Isolation, Neonatal, Paediatric,Geriatric,Post Anaesthetic ,Trauma/HDU case workups.
- Assisted major and minor Surgeries, pre and post operative care, gained suturing techniques, IV fluid management, Pain management,Diagnostic/Therapeutic procedures/Ryles tube insertion/Urethral catheterization/ Lumbar puncture/Ascitic fluid/Pleural fluid tapping.Interpretation of Laboratory Investigations,ABC management, inj. administration etc.

- 06/2022 **CRMI, RHTC Kumarapalayam**  
Apart from OPD clinic, Able to give health education on family planning measures, Maternal and child health care, prevention and control of Communicable diseases.
- 05/2022 **CRMI, Govt. PHC Koodapakkam**
- Able to familiarise with National health programmes, NCDs/Immunization clinic.
  - Conducted Nutritional and Infectious disease surveillance and Covid 19 vaccination drive- Home visits.
- 04/2022 **CRMI, Govt. PHC Katterikuppam**
- Conducted OPD services under the supervision of MO.
  - Assisted for suturing, Incision and Drainage of abscess, stabilization of patient before referral to higher centres.
  - Management of Dog bite/Snake bite/Scorpion bite cases.
- 2017 – 2021 **Clinical Clerkship**

## **Education**

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- 2016 – 2022 **MBBS- BACHELOR OF MEDICINE AND BACHELOR OF SURGERY,**  
*Bharath University, Chennai*  
Registration- Tamil Nadu Medical Council/NMC

## **Skills**

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Health assessment, Treatment planning,  
Clinical Research, Clinical Medicine , Primary  
medical care, Interpretation-  
Hematological/Biochemical/CXR/USG/CT/MRI,  
Emergency care.

## **ACHIEVEMENTS**

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- 1.CERTIFICATE- Awarded by ROYAL COLLEGE OF PHYSICIANS EDINBURGH , Updates in Clinical Medicine, July 14 2022
- 2.CERTIFICATE- Participated in International Conference on Management of Paediatric Emergencies held on 27 & 28 August 2022 TNMC granted credit hours.
- 3.CERTIFICATE- Participated in the workshop on ELECTROCARDIOGRAM held on 23 & 24 May 2022
- 4.CERTIFICATE- Participated as a delegate in SLIMS- DIACON held in 18 & 19 November 2022, TNMC granted credit hours.
- 5.CERTIFICATE- Participated in PANCREOSURGE'22CME held on 4 November 2022
- 6.CERTIFICATE- Participated in CME- POLYTRAUMA held on 27 January 2023 TNMC granted credit hours.
- 7.Participated in various quiz.
- 8.Leadership in various activities in college.
- 9.Skill Development Programme (SDP) - 2023 on Pharmacovigilance for Medical Products- Indian Pharmacopoeia Commission

## 10. Clinical diagnosis of adverse drug reactions

Drug-related syndrome- aspects on similarities between ADRs and syndromes not caused by medicine

Drug-induced severe cutaneous adverse reactions (SCARS)

Drug-induced liver injury

Drug-induced myopathies

Drug-induced myocardial and cardiac rhythm disorders- WHO UMC , Sweden

## 11. Regulatory aspects of pharmacovigilance-WHO UMC , Sweden

On the aspect of the rationale of medical product regulation and how it enables access to quality, safe, effective and affordable medical products

The life-cycle approach to medical product regulation

The history of regulation

Principles of good regulatory practices and how they apply to medical product regulation

The concepts of regulatory harmonisation, convergence and reliance, and how these practices strengthen regulatory capacity

The role of the WHO global benchmarking tool in building regulatory practice, including strengthening medical product vigilance

Principles of benefit-risk assessment

## 12. Drug induced liver injury (DILI)

Assessing DILI cases, Post-marketing surveillance for DILI, Clinical care Liver injury attributed to herbal and dietary supplements- WHO UMC , Sweden.

## 13. Essentials of pharmacovigilance communications-Ways to collect ADR reports Quality of ADR

reports Harmonisation and standardization, Essentials of pharmacovigilance communications, Patient

reporting, , Online communication, Effective communication , Crisis management Risk communication- WHO UMC

## 14. PV management systems and terminologies- Management systems and terminologies in pharmacovigilance,

Effective ICSR management system – VigiFlow, WHO global database – VigiBase, Effective signal management system – VigiLyze, Introduction to MedDRA, Introduction to WHO Drug- WHO UMC , Sweden

## 15. Collecting high quality ADR reports- ADR - mechanisms, types and risk factors, Developing a positive ADR reporting culture, Ways to collect ADR reports, Patient reporting, Quality of ADR reports, Harmonisation and standardization -WHO UMC , Sweden

## 16. VigiFlow Introductory course- WHO UMC , Sweden

## 17. VigiLyze Introductory course-WHO UMC , Sweden

## 18. Practical exercises in individual case causality assessment- WHO UMC , Sweden

## **STRENGTH**

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- Adaptability
- Positivity
- Restorative
- Harmony
- Intellection
- Excellent theoretical knowledge.
- Good knowledge of clinical practices and protocols.
- Ability to handle different types of patients in critical situations
- Extremely motivated towards career.
- Quick Learner.

- Punctuality, sincerity and loyalty to the cause and organization
- Can lead as well as be led

## **Projects**

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04/2022 – 06/2022

**KNOWLEDGE ATTITUDE AND PRACTICE TOWARDS CONSAGUINEOUS  
MARRIAGE AMONG MEDICAL AND NON MEDICAL COLLEGE GOING  
STUDENTS IN PONDICHERRY**

Under the guidance of Dr. S Pravinraj(AP) , Dr. Rajini S (Prof. & HOD)  
Department ofCommunity Medicine.