

Curriculum Vitae

Bhawana Painkra

MBBS, MD (Geriatric Medicine)

PERSONAL DETAILS

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Date of Birth- 12th November 1993

Language Spoken – Hindi and English

Registration- DMC/R/ 97568

LinkedIn: Bhawana Painkra

EXPERIENCE

March 2021- March 2024: Senior Resident, Department of Geriatric Medicine, **AIIMS (New Delhi)**

January 2021- March 2021- Post Junior Resident, COVID IPD and ICU, **AIIMS (New Delhi)**

EDUCATION

M.D. Geriatric Medicine - A.I.I.M.S., New Delhi (2018-2020)

Internship - **B.J.G.M.C. and Sassoon Hospital, Pune (2016-2017)**

M.B.B.S. – **B.J.G.M.C. and Sassoon Hospital, Pune (2011-2016)**

LICENCES & CERTIFICATIONS

Delhi Medical Council Medical Registration –DMC/R/ 97568 Issued on March 2021

Maharashtra Medical Council Medical Registration –MMC/R/ 2017/04/1520

Certificate Course in Essentials of Palliative Care Registration- 32142202 conducted on October 2022

Member of Indian Academy of Geriatrics (LMR -656)

ACADEMIC ACHIEVEMENTS

2023 Scored good marks in **MRCP-I** 2023/02 in first attempt.

2020 Passed **MD Geriatric Medicine** from AIIMS New Delhi in first attempt.

2018 **Completed MBBS** in first attempt.

2009 Received Dakshana Foundation Scholarship for free Medical and IIT Coaching

2007 Received NTSE scholarship consecutively for 10 years (2007-2016)

2004 School Topper for consecutively 4 years (2005-2008)

CLINICAL EXPERIENCE

2021-2024	Senior Resident in Department of Geriatric Medicine, AIIMS, New Delhi
	<ul style="list-style-type: none">Actively participated in Teaching, Clinical and Research work.Guided Junior colleagues in clinical posting in patient care, approaching patients with different symptoms and signs, managing rare and complicated cases, decision making regarding intensive care and end of life care.In academic sphere, played important role in mentoring junior resident doctors in making seminars, journal club and thesis work, imparting medical knowledge and fostering a culture of continuous learning.Involved in research work, participated in project writing and studies that seek to improve treatment modalities and patient outcome.
2018-2020	Junior Resident in Department of Geriatric Medicine, AIIMS, New Delhi
	<ul style="list-style-type: none">1.5-year rotation in Geriatric Medicine with in-patients and out-patient postings3 months rotation in HDU (High Dependency Unit)Attended ‘Memory Clinic’ at AIIMS, New Delhi. A protocolized assessment of patients with memory complaints is done, including neuropsychological, biochemical and radiological assessment, treatment and follow up. Caregiver burden assessment and counselling1 year rotation in sub-speciality departments (Gastroenterology, Nephrology, Cardiology, Neurology, Endocrinology, Medical Oncology, Casualty, Intensive Care Unit, Pulmonary medicine) with in patient and out-patient exposure

	<ul style="list-style-type: none"> • 6 months posting in work in Covid designated areas in AIIMS (Main Hospital) and AIIMS (Trauma centre). It included duties in Covid ICU, Covid wards and Emergency screening. • Independently performed invasive and non-invasive procedures (bedside ultrasound of lung and vascular system, elective and emergency intubation, thoracentesis, lumbar puncture, ascitic tap, bone marrow aspiration and biopsy, insertion of central i.v. access etc.)
2016-2017	MBBS Internship Clinical rotation in Department of Medicine, Surgery, Obstetrics and Gynaecology, Paediatrics, Community Medicine, Radiology, Psychiatry, Dermatology.

CLINICAL SKILLS

- Managing high patient flow
- Individual patient management and scheduling, chairside skills, and life skills in interacting with older adults.
- Conductive research, publications and creating name for the hospital.
- Collaborating with various department like Orthopedics for orthogeriatric and medical oncology for Geriatric Oncology services
- Intubation and mechanical ventilation
- Central venous line insertion
- Ultrasound guided procedures like: POCUS, thoracocentesis, aspiration
- BLS/ACLS protocol

RESEARCH EXPERIENCE

2018-2020:

- M.D. Thesis, Department of Geriatric Medicine, AIIMS, New Delhi

Dissertation title: Predictor of Survival Following Hospitalization for Illness of Recent onset among the Oldest Old (85years)

2021-2024:

- Reviewer for the Journal Ageing Medicine

CONFERENCES AND PRESENTATIONS

- Participated in the demonstration of Integrated Care for Older Person (**ICOPE**) in GERICON 2023 held in September 2023 at AIIMS Delhi
- Participated in **SIOG Advanced course in Geriatric Oncology**- online Conference June 2023
- Poster presentation in ‘GERICON 2022’ on ‘**Survival of the very old after acute hospital admission: clinical and biochemical predictors**’ A prospective observational study design, at ITC Royal Kolkata.
- Participated in **Rheumatology update 2022, Annual conference of Delhi Rheumatology Association** at AIIMS Delhi.
- Participated in **AIIMS Pulmocrit-2020** and **AIIMS- CHEST workshop in Sleep medicine.**
- Participated in the demonstration of Integrated Care for Older Person (**ICOPE**) protocol to the **World Health Organization (WHO)** to the delegates from SEARO countries in September 2019 at AIIMS Delhi
- Poster presentation in ‘GERICON 2019’ on ‘**Predictor of Survival Following Hospitalization for Illness of Recent onset among the Oldest Old (85years)** – A prospective observational study design, at CMC Vellore.

PUBLICATIONS

1. Original article titled ‘*Predictors of survival among the oldest old following acute hospital admission: Insights from clinical and biochemical factors*’ *Gerontology and Geriatric Medicine*, 2023, DOI: 10.1177/23337214231208077

2. Case report titled ‘*A rare case of late-onset limb-girdle muscular dystrophy: Calpainopathy*’. *Ageing Medicine*, 2022, DOI: 10.1002/agm2.12219

3. Case report titled ‘*Hypercalcemia in an Older Patient with Type I Lepra Reaction*’. *The American Journal of Tropical Medicine and Hygiene*, 2020, DOI: 10.4269/ajtmh.20-0114

TEACHING EXPERIENCE AND PRESENTATIONS

Presented **1 Clinical Combined Rounds (CCR)** at AIIMS, New Delhi

Presented **1 Clinical Grand Rounds (CGR)** at AIIMS, New Delhi

Presented eight seminars on different topics in the Department of Geriatric Medicine, AIIMS, Delhi as a part of the academic curriculum.

Presented six journal clubs in the Department of Geriatric Medicine, AIIMS, Delhi as a part of the academic curriculum.

OTHER SKILLS

- Well versed with basic concepts of Statistics and research methodology. Attended Research Methodology course at CMET, AIIMS.

HOBBIES AND INTERESTS

Swimming

Dancing

Cooking

Painting and drawing

Meditation and Yoga