

IPSA ARORA

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MEDICAL EDUCATION

2010 – 2015: MBBS Jawaharlal Nehru Medical College, Belagavi, KLE University,
Karnataka, India

2015- 2016: One year rotatory internship at Jawaharlal Nehru Medical College and Prabhakar Kore Charitable Hospital and Medical Research Centre, Belagavi

MEDICAL SCHOOL HONORS

2014- 15 : Awarded as 'Best Outgoing Student'– in recognition of consistent academic Performance across all years of medical school.

MEDICAL SCHOOL AWARDS

2014-2015: **Ranked 1st out of 150 candidates in Final Year MBBS University Examinations (Score- 1252/ 1750)**

2013-2014: 2nd rank in Third Year MBBS University Examinations (Score - 665/900)

2012-2013: 7th rank in Second Year MBBS University Examinations (Score -1006/1400)

2010-2011: 7th rank in First Year MBBS University Examinations (Score -718/1000)

Awarded distinction in subjects- Biochemistry (2010-11), Community Medicine (2013-14)

WORK EXPERIENCE

Intern at Jawaharlal Nehru Medical College and Prabhakar Kore Charitable Hospital and Medical Research Centre, India (2015-2016)

- Rotation in different specialties as part of one-year internship programme - Average Hours/ Week 60.
- Departments include Medicine, Surgery, Pediatrics, Obstetrics and Gynecology, Orthopedics, Anesthesiology, Psychiatry, Casualty, Otorhinolaryngology, Ophthalmology, Radiology and Community medicine, including a 4-week rural posting.
- Responsibilities include managing patients at various outpatient clinics, taking detailed history and performing physical examination, counseling, assisting residents with inpatients, assisting in conferences and case discussions.
- Confidently perform and assist in common medical and surgical procedures, including intravenous catheterization, arterial blood sampling, urinary catheterization, paracentesis and

lumbar puncture, administering medications and vaccines, blood sampling, sending laboratory investigations and preparing progress notes and discharge summaries.

INTERNATIONAL WORK EXPERIENCE-

- **Boston Children's Hospital, Harvard Medical School – Pediatric Nutrition (December 2015):** dealt with inpatient and ambulatory care of patients with nutrition problems, patients on enteral and parenteral feeds. Focused on taking histories, assessing nutritional status and developing a plan for patient management.
- **Presbyterian Hospital, Weill Cornell Medical College, New York- Women's Health (January 2016):** focused on health promotion and disease prevention unique to women. Rotated in outpatient clinics like OBG, gynecology imaging, breast surgery, female urology, mammography, family planning, prenatal counseling and hormone replacement therapy.
- **UMass Memorial Medical Center, University of Massachusetts, Worcester- Infectious Disease (February 2016) :** initial evaluation, patient presentation and management plan for patients with rationale use of antibiotics to treat general infections and immunocompromised patients post transplant.

RESEARCH PUBLICATION-

- Retrospective Analysis of Tubectomy Beneficiaries in Rural Area (PHC Kinaye)- One Year Record Based Study- International Journal of Community Medicine and Public Health (July 2016)

CLINICAL PROJECT/ POSTER PRESENTATION-

- Prevalence of Malnourishment in Geriatric patients with Diabetes Mellitus Type 2 using Mini Nutritional Assessment tool in Belgaum district, Karnataka - a cross sectional study- Poster Presentation (2013-14)

Guide- Dr. Shivaswami M.S., Professor, Department of Community Medicine

WORKSHOPS

Regularly attend clinical workshops to hone my practical skills. Summary of recent events include:

- **First Aid workshop conducted by Red Cross Society (July 2016):** Focused on skills to provide immediate care for suddenly ill or injured person in situations like RTAs, fire, drowning, cardiac arrest, seizures.
- **Help Baby Breathe- Pediatrics (2014-15):** Focus on the "Golden Period" first 60 seconds post labor. Learnt how to prepare the labor room for receiving the baby, oral and nasal suctioning, physical stimulation of baby, bag and mask resuscitation, chest compressions and finally call for help and continue bag and mask for higher level of resuscitation if baby still does not breathe.
- **ECG Workshop (2014-15):** ECG workshop included topics- fundamentals of ECG, ECG changes in myocardial infarction, heart blocks, WPW syndrome, arrhythmias, valvular lesions and cardiac failure.

- **Life Support Skills- Medicine (2014-15):** Basic and Advanced Life Support Skills Workshop included Cardio-Pulmonary Resuscitation, intubation and procedure to defibrillate the heart.

VOLUNTEER EXPERIENCE

Volunteer on a consistent basis, particularly in initiatives that build on my keen interest in community and family medicine. Some recent experiences include:

- **JNMC Suvarna Medical Exhibition (2013-14):** Member of pediatrics department – designed and demoed original material, which was displayed to over 4500 attendees, including medical professionals and the general public. Topics covered included vaccination programmes, methods of feeding baby, developmental problems in children, dyslexia, autism, role of consanguineous marriage in transmission of recessive disorders like thalessemia, hemophilia and adolescent health.
- **National Service Scheme (NSS) Annual Camp (2012-13):** Set up a Rain Water Harvesting Plant and Water Purification Plant after assessing the water supply and sanitary conditions in the village. Organized a Free Health Check- up Camp for preliminary diagnosis and referred patients to KLE Hospital for further evaluation.
- **Organ and Blood Donation Camps, Jawaharlal Nehru Medical College (2013-14):** Regularly help to organize blood and organ donation drives in college – lead by example by offering to donate my eyes.

EXTRACURRICUAR ACTIVITIES/AWARDS/ ACCOMPLISHMENTS

- **Art:** Have successfully participated in more than 50 painting competitions in school and college. Assist in set design and staging for college theatre society and inter college festivals.
- **Sport:** Avid basketball player - have received “Player of the Year” awards.

LANGUAGE FLUENCY

- English
- Hindi
- Punjabi