

Rahul Chopra, MD

Professional Summary:

A skillful Anaesthesiologist and Intensivist with 11+ years (post-MD) of active clinical practice in Anaesthesia and Intensive Care. Compassionate, patient-safety advocate, with proven ability to provide exemplary well-rounded patient care, including paediatric, adult, and geriatric patients. Adept at anaesthetic and critical care procedures for providing effective diagnosis, treatment, and management of patients in the operating rooms and Intensive Care Units. Quick to respond and decisive to act in critical, high-pressure, emergency situations. An experienced clinical leader and educator (owing to teaching/mentoring anaesthesia residents in India, and medicine in New Zealand), passionate to grow within the dynamic needs of this specialty.

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Strengths/Skills:

- **Technical Skills:**
 - ❖ Knowledge of recent advances/latest trends in intensive care and anaesthesiology, Proficient in anaesthetic and ultrasound-guided critical care procedures, Effective Pain management, Crisis management (COVID-19 being the recent), Clinical Leadership, Teaching and Supervision, Adroit at multi-ethnic patient handling
- **Soft Skills:**
 - ❖ Emotionally intelligent, Keen listener, Attention to detail, Patient-safety advocate

Education:

- **MD - Doctor of Medicine in Anaesthesiology** Institute of Medical Sciences
(2005 - 2008) Banaras Hindu University (BHU)
Varanasi, Uttar Pradesh (UP), India
- **MBBS - Bachelor of Medicine, Bachelor of Surgery** Institute of Medical Sciences
(1998 - 2005) Banaras Hindu University (BHU)
Varanasi, Uttar Pradesh (UP), India

Honours, Special Recognition:

- **Most Loved Doctor Peoples' Choice Award, 2016**, Max Hospital, New Delhi, India
- **Best Intern, 2004**, Institute of Medical Sciences (IMS), BHU, UP, India
- **Best Sports Person, 2004**, Institute of Medical Sciences (IMS), BHU, UP, India

Relevant Work Experience (Clinical):

- **Senior Consultant** (June 2023 - Present); **Consultant** (April 2017 - May 2023)
Department of Anaesthesia and Intensive Care, Max Super Specialty Hospital, Saket,
New Delhi, India

- ❖ **Key Clinical Responsibilities** of both these positions include:
 - Conducting **pre-anaesthesia check-ups (PACs) in OPD**, followed by maintaining **digital patient records** in a **530 bedded hospital**; liaising with the primary physician's team to provide patient assessments/ execute appropriate treatment plans
 - Providing anaesthesia for **routine and emergency surgeries** for all subspecialties (except cardiac)
 - Delivering **pain and palliative care management** including **labor analgesia, ultrasound-guided nerve blocks**
 - Administering anaesthesia for **peripheral locations**, Cardiac Catheterization lab, MRI, Electroconvulsive therapy (ECTs), Radiotherapy, Interventional Radiology, Digital Subtraction Angiography (DSA), for Endoscopic Procedures and Dental Sedation
 - Managing and supervising **post-operative/ Anaesthesia recovery area(s)**
 - Conducting **ICU procedures: Percutaneous Tracheostomy, FAST, bedside Echocardiography (using ultrasound)** and **provide life-support assistance** (as needed)
 - Clinical leadership for managing and supervising a 9 bedded **Oncosurgical ICU** and a 10 bedded **Medical ICU** (including a 4 bedded **Renal Transplant Unit**) with:
 - **Surgical patients** including but not limited to COMMANDO patients with free flap/ local flap, HIPEC and Cytoreductive surgery patients, Lung resection/lobectomy, Oesophagectomy, Hepatectomy, **Robotic-assisted** surgery patients, Renal Transplant patients
 - **Medical patients** including but not limited to those with **ARDS, Respiratory failure, Poisoning** (snake bites, scorpion bites, organophosphorus, cyanide drug overdose)
 - Co-leading **multi-disciplinary team (MDT) meetings** with patients' family/ relatives
 - Crisis management: **Treatment and supervision of COVID-19 patients** in the ICU and operating rooms
- ❖ **Teaching and Academic Responsibilities:**

Moderating case presentations/journal clubs, bedside teaching during Grand rounds, delivering lectures and co-supervision of research studies for Anaesthesia DNB students (in-training)

- **Attending Consultant** (Jan 2016 - March 2017)

Department of Anaesthesia and Intensive Care, Max Super Specialty Hospital, Shalimar Bagh, New Delhi, India

- ❖ Provided **pre-anaesthesia check-ups (PACs) in hospital wards** in a **280+ bedded hospital**

- ❖ Attended **Code Blue and difficult intubation calls** across the hospital
 - ❖ Ensured **acute post-operative pain control** (as needed)
 - ❖ Conducted routine surgeries and anaesthesia-related procedures like nerve blocks, fiberoptic bronchoscopy under supervision of a senior colleague
 - ❖ Managed a **12 bedded ICU** during day/night shifts
 - Assessed eligibility of patients for ICU admissions
 - Ensured elaborate **patient history taking** and **thorough clinical examination**
 - Performed both invasive and non-invasive ICU procedures such as **haemodialysis catheter, central venous catheter insertion, intercostal drain insertion, arterial cannulation**
 - ❖ Worked in tandem with Consultant on-call for timely interventions and escalations (when needed) prioritising patient care and safety at all times
- **Senior Residency, Anaesthesia** (Aug 2008 - Oct 2011)
Department of Anaesthesia and Intensive Care, Post Graduate Institute of Medical Education and Research (PGIMER), Chandigarh, India
 - ❖ Managed cases in 'Elective and Emergency Operation Theatres' including **Maxillofacial, Vascular, Paediatric & Neonatal surgery, Dental surgery, Renal Transplant and Trauma**
 - ❖ Completed rotatory postings in a **10 bedded Advanced Cardiac Care unit:** Administered **Cardiothoracic Anaesthesia** and underwent training in procedures like **Transesophageal Echocardiography (TEE) and Closed Loop Anaesthesia Delivery system (CLADS)**
 - ❖ Delivered tutorials for undergraduate medical students, post graduate students of anaesthesia, and for graduate and post-graduate students of OT technology and nursing

Other Work Experience (Teaching):

- **Clinical Tutor/Medical Teaching Fellow** (July 2012 - Sep 2015)
Dunedin School of Medicine, University of Otago, Dunedin, New Zealand
 - ❖ Taught clinical medicine to second and third year undergraduate medical students. This tenure involved delivering integrated cases, clinical skills, endocrinology and pathology lectures and tutorials, in addition to demonstrating in Physiology as well as in Anatomy dissection labs. This teaching placement also involved end-to-end evaluation of students' clinical learnings through conducting and examining OSCEs

Professional Memberships, Licensure and Certifications:

- **Dubai Health Authority (DHA) Anaesthesiology Registration** certified (96053441), effective July 2023
- **Ministry of Health and Prevention (MOH) Registration** certified (296219)

- **Member, European Society of Anaesthesiology and Intensive Care (ESAIC) (406958)**
- **Member, Indian Society of Anesthesiologists (ISA) (C0558)**
- **Member, International Trauma Care (Indian Chapter)**
- **Delhi Medical Council (DMC) Registration certified (74265)**
- **BLS and ACLS Provider Course certification renewal (American Heart Association),**
valid from Nov 2022 - present
- **Ultrasound Life Support Basic/Advance Level 1 Provider Course certification, held at**
Medanta The Medicity, Gurgaon, India, 21-24 June 2016
- **Comprehensive Trauma Life Support (CTLS) Course certification, International Trauma**
Care, held at Post-Graduate Institute of Medical Education & Research, Chandigarh,
India, 1-2 Sep 2010

Research Experience (selected):

- Co-supervision of student (DNB Anaesthesia) research project(s) titled:
 - ❖ 'Comparison of effects of Dexmedetomidine and Fentanyl for smooth emergence from general anaesthesia with minimal side-effects: a prospective, open label, randomized study' (2021)
 - ❖ 'A prospective randomized study for comparison of target controlled infusion and manual controlled infusion of propofol for sedation in gastrointestinal endoscopy' (2022)
 - ❖ 'Comparison of the efficacy of oxygenation of high flow nasal cannula vs nasal cannula during endoscopic retrograde cholangiopancreatography with propofol sedation' (ongoing)
- Analysis of prevailing timings of OT at Max Hospital, Shalimar Bagh, its effect on OT efficiency and methods to improve OT utilization. Poster presented at Max Healthcare's 2nd Annual Patient Safety Conference 'Building the Future for Patient Safety', held on 22-23 Sep 2017

Declaration:

I hereby declare that the above-mentioned details are true to the best of my knowledge and belief.

(Rahul Chopra)

11.10.2023