



CURRICULUM VITAE

APRIL 2018

Dr. Jesto Kurian

MBBS

MD Anaesthesiology

PDF(Nerve Block and pain management)

Full Name:	Jesto Kurian
-------------------	--------------

Permanent Address:	Ukken house ,Sungrace Avenue Chiyaram Po,thrissur,kerala state 680026
Communication Address:	Ukken house ,Sungrace Avenue Chiyaram Po,thrissur,kerala state 680026
Marital status:	Married
Spouse:	Rose Grace Jossie BSc(chemistry),MScChemistry BEd
Children:	One daughter
Mobile number:	+918547295113
E-mail:	jesto84@gmail.com
Date of birth:	29 th june 1984
Languages known:	English, Hindi, Tamil, Malayalam.
Gender:	Male
Current post:	Consultant anesthesiologist Rajagiri Hospital aluva ,kochi(kerala)

PERSONAL DETAILS:

EDUCATIONAL QUALIFICATIONS

Course	Institution, City, Country. University	Period
MBBS	Government medical college ,thrissur kerala	August 2003 to December 2009
MD Anaesthesiology.	PGIMER CHANDIGARH	June 2011 to may 2014
PDF post doctoral fellowship (nerve block and pain management)	Ganga Hospital and Medical Centre,coimbatore	Jan 2016 to December 2016

EMPLOYMENT SUMMARY: POST MD TOTAL 4 YEARS EXPERIENCE

HOSPITAL	GRADE	SPECIALTY	FROM	TO
Rajagiri hospital, aluva kochi(560bed JCI and NABH accredited tertiary care centre)	Consultant	anesthesiology	Jan 2017	Ongoing
Ganga hospital and medical centre Coimbatore(450 bed NABH accredited teaching hospital)	Post doctoral fellow	anesthesiology	jan 2016	DEC 2016
Daya general hospital thrissur kerala(300 bed NABH	consultant	Anesthesiology	Jan 2015	dec 2015

accredited hospital)				
PGIMER CHANDIGARH 2200 bed teaching institute	Registrar(senior resident)	Anaesthesiology	JUL 2014	Dec 2014
PGIMER CHANDIGARH 2200 bed teaching institute	Junior resident	MD anesthesiology	June 2011	june2014
ICCONS shoranur Palakkad 100 bed neurorehabilitation and teaching centre	Medical officer	Autism and neurorehabilitation (Medical officer and teaching faculty)	Jan 2010	Dec 2010
Government medical college thrissur kerala (1000bed teaching hospital)	House officer internship	Med ,surg,peds,obstetrics, anesthesiology	Jan 2009	Dec 2009

DETAILS OF WORK EXPERIENCE: (4 YEARS):

RAJAGIRI HOSPITAL:

After joining RAJAGIRI HOSPITAL in january 2017 it is a satisfying experience here with such a good team work which helped in achieving a high quality anesthesia care service and perioperative and acute pain sevice with good outcomes and least number of hospital acquired infections and high satisfaction from family and patient which was our motto.. I am actively updating my knowledge keeping my certifications like ACLS, PALS etc up to date. I as a scientific committee chairman of regional anesthesia conference AURA 2017 at Rajagiri hospital helped in planning and conducting the same successfully.I conducted anesthesia quiz QUIENSABE 2017 for anesthesiology trainees and junior consultants as quiz master at Rajagiri hospital which was a grand success I conducted the educational activity in the department weekly and actively participated in the same. I regularly attended weekly multidisciplinary educational activities held in hospital and volunteered as a speaker from the department. I managed cases of all age groups of different specialities and surgical critical care cases independently without any adverse events so far.This being a NABH and JCI accredited multispeciality tertiary care centre I m involved in providing anesthesia care service and perioperative care in various disciplines surgical gastro,plastic and reconstructive surgeries,complex pediatric surgical cases incuding CDH,omphalocoele,TEF ,urological sx including renal transplant ,lap adrenelectomies,lap prostatectomies,coplex obstetric emergencies,polytrauma cases and arthroplasties,various ent surgeries

,neurosurgeries including tumour resection and pituitary surgeries.My special interest is towards locoregional block using USG and have done good number of high risk cases only under locoregional blocks specially reconstructive and geriatric trauma cases.Im also involved in the code blue team for emergency resuscitation .Im also involved in perioperative care and post op care of surgical patient and I do perform POC USG EFAST,lung usg TTE for patient with acute polytrauma and provide acute pain service at SICU

GANGA HOSPITAL AND MEDICAL CENTRE :

From JAN 2016 to DEC 2016 worked as POST DOCTORAL FELLOW in nerve block and pain management in a private teaching institute with regular teaching to undergraduates. I took regular weekly classes on various topics of anaesthesiology and regional anesthesia in addition to daily work of providing anaesthesia service for various specialities including paediatric cases and complex spine and reconstructive surgeries.my passion towards regional anesthesia and trauma care hastened with my association with ganga hospital. I could independently perform locoregional blocks both usg guided and PNS guided in patient of all age groups including pediatric patients with precision and confidence .I also gained confidence in performing eFAST and lung USG for trauma patients .I also became proficient in performing neuraxial USG .I appeared for my exit exam in Jan 2017 at ganga hospital under dr MGR university for post doctoral fellowship in nerve block and pain management and cleared the same in first attempt

Daya general Hospital Thrissur kerala:

Here I practiced as a consultant anesthesiologist from jan 2015.This being a 300 bed NABH accredited general multispeciality hospital I was involved in providing anesthesia care services to different cases of various disciplines including pediatric cases .i was mainly providing anesthesia services to general surgical,neurosurgery,urology,vascular ,orthopaedics including trauma ,arthroplasty and pediatric surgery cases.i was also involved in post operative care

PGIMER CHANDIGARH:

It was a dream come true for me to join one of prestigious postgraduate institute in india .i joined as a junior resident in anesthesiology and intensive care at PGIMER chandigarh in june 2011.during my 3 years training as junior resident I was given ample oppurtunities to

independently perform anesthesia services and also assist in various cases providing anesthesia.i was also given training in regional anesthesia including neuraxial blocks and locoregional blocks and labour epidurals.i was also posted in different intensive units including CCU ,trauma ICU .i was actively involved in various academic activities of the department and attended various conferences in the state and national conferences .during my residency I did a study for 2 years comparison of effect of palenose tron on withdrawal movement caused by rocuronium and the dissertation was submitted to PGIMER .my 3 years as junior resident at PGIMER chandigarh has moulded me as a confident anesthesiologist who could perform safe regional anesthesia and also invoked ethical aspects of patient care.i cleared my MD exit exam in may 2014 following which I worked as a registrar at PGIMER chandigarh till December 2014

ICCONS SHORANUR PALAKKAD:

Here I worked as a medical officer from january 2010 to December 2010.This was a State of art centre of excellence for autism and neurorehabilitation.I was involved in managing op services and ip services of autistic kids and kids with learning disability .I also was involved in teaching basic sciences for students pursuing BASLP &MASLP

GOVERNMENT MEDICAL COLLEGE THRISSUR:

I did my internship (JAN 2009 to DEC 2009) from government medical college thrissur which serve a large population of thrissur district with 1000 beds combined together with rotation in all clinical departments. Here I gained an initial experience of medical field and the recognition it brings in serving the community and generated an interest in serving very critically ill patients which were not getting appropriately treated because of the poor infrastructure of critical care services. Here I actively participated in community healthcare activities like pulse polio eradication program and breastfeeding awareness in preventing infant mortality.

SKILLS:

1. Management of difficult airway - awake and asleep fiberoptic intubation.
2. Insertion of double lumen tubes, bronchial blockers and one lung ventilation.

3. Insertion of arterial and central venous lines.
4. Intubation - awake, blind nasal, retrograde, LMA/ILMA insertion.
5. Spinal and Epidural (lumbar, caudal, thoracic) techniques.
6. Usg guided and PNS guided locoregional peripheral nerve blocks in all age group and advanced blocks lumbar plexus ,QL blocks and erector spinae blocks.
7. Neuraxial USG.
8. Lunf USG and EFAST
9. Bronchoscopy – therapeutic and diagnostic.
10. Beginner level training in TTE.
11. USG guided central venous cannulationand arterial cannulation.
12. Labour epidural.

MEMBERSHIP/FELLOWSHIP:

Life member of ISA (indian society of anesthesiology)

Life member of IMA (Indian Medical Association)

Life member of AORAIndia(Academy of Regional Anesthesia)

TRAINING AND CERTIFICATIONS:

1. ACLS
2. PALS
3. Basic certificate course in pain and palliative care under IAPM
4. Certificate course in reserch methodology and biostatistics from PGIMER Chandigarh

TEACHING EXPERIENCE

Ongoing I am currently involved in teaching junior colleagues and anesthesia technicians at our department as part of our weekly teaching program.

Jan 2016 to dec 2016 I have been actively involved in teaching DNB resident in anesthesiology during their weekly academic classes at ganga hospital and medical centre coimbatore .i was involved in weekly academic sessions in regional anesthesia to my colleagues and junior fellows during this tenure

June 2011- june 14. As an anaesthetic trainee I undertook tutorials for junior colleagues regularly.

July 2014 to December 2014:as a registrar at PGIMER I was actively involved in organising teaching programmes for resident anesthesiologist and took academic sessions for junior colleagues regularly

RESEARCH EXPERIENCE

2014 MD dissertation – comparison of effect of palonesetron on withdrawal movements caused by rocuronium with lignocaine ,a prospective RCT submitted to PGIMER

AWARDS & DISTINCTIONS

Scientific committee chairman and faculty of AURA 2017 regional anesthesia CME and workshop held at rajagiri hospital

Quiz master for anesthesia quiz QUIENSABE held at rajagiri hospital 2017

Invited faculty for regional anesthesia hands own workshop ISA state conference kakkinada AP in october 2017

Invited faculty for state regional anesthesia conference and cadaveric workshop held at CMC vellore in January 2018

Invited faculty for regional anesthesia workshop state ISA conference at malappuram kerala march 2018

Invited faculty for regional anesthesia conference RAW held at Jupiter hospital THANE march

LECTURES DELIVERED

1.Delivered lecture on neuraxial ultrasound at AURA 2017 regional anesthesia CME at rajagiri hospital

2.Delivered lecture on ERAS enhanced recovery programme after surgery in ISA kochi chapter in 2017

3.delivered lecture on additives in regional anesthesia and chirality of local anesthetics at regional anesthesia CME held at CMC vellore in jan 2018

4.delivered lecture on lower limb blocks at regional anesthesia conference held at ISA state conference at malappuram march 2018

5.delivered lecture on neurobiology of pain at regional anesthesia wokshop held at Jupiter hospital Thane in march 2018

OUTSIDE INTERESTS

- I am a keen follower of cricket and football and I spend my leisure time watching Indian movies, travelling and reading novels.

CAREER PLANS

I have chosen a career in anesthesiology and acute pain services and am keen on keeping myself abreast with recent advances. In the long term, I wish to continue my professional development through research, audit and teaching.

REFEREES

1. Dr.J Balvenkatasubramaniam, MBBS, MD
Senior consultant and Academic Director
Ganga Hospital and medical centre Coimbatore

Phone+919842245757

Email: drbalvenkat@gmail.com

2. Dr. ISAAC BABU

CONSULTANT ANESTHESIOLOGIST
RAJAGIRI HOSPITAL ,ALUVA KOCHI

Phone +919946942288

Email :isaac_babu@rediffmail.com

3. Dr SACHIN GEORGE

CONSULTANT ANESTHESIOLOGIST
RAJAGIRI HOSPITAL ALUVA KOCHI

Phone +919400336535

Email : Sachin.George@rajagirihospital.com