

SHIGIL MATHEW VARGHESE

ACCOMPLISHED HEALTHCARE PROFESSIONAL-
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utm_source=gmb&utm_medium=referral 📄

Determined and committed **General Physician** with a demonstrated **7+ years** of experience in facilitating the primary care for the patients. Credited for diagnosing illness/disease, injuries, investigating, treating and referring to appropriate medical services for any emergency and specialist treatment needed for the patients. Holding superior knowledge of latest medications and administrative, critical thinking skills under high-pressure, capable to make quick decisions under duress. Expertise in providing a high standard of primary and continuing medical care to patients.

SKILLS

Primary Care General Physician Critical Care Diagnosis, Investigation, Treatment Hospital Administration OPD
Patient Handling ICU Critical Care Services Diabetologist Upper And Lower GI Endoscopy ABC
Teaching & Training Cathetersation ECG Skin Biopsies and Dressing Endoscopy Analyzing Pathology Reports

PROFILE SNAPSHOT

Instrumental to diagnosis and treatment of general health problems or disorders ranging from cold, cough, and nausea to chronic diseases such as jaundice, cholera, etc. Apart from diagnosing and treating health problems, also proficient in fetching detailed information to patients about daily-routine diet, health plans, and nutritional value in the meal.

Highly skilled in treating acute, chronic diseases to provide prevention and health education to patients of all kinds of ages and gender, treat multiple health problems, evaluating reports and data to ensure that necessary care, consideration and protocols are followed for every procedure.

Deft in treating Upper And Lower GI Endoscopy, Diabetes Management. Studied, analyzed and published articles related to thyroid dysfunction on lipid abnormalities in post menopausal women, Rich plasma for the treatment of diabetic foot ulcers, fasting and postprandial lipid abnormalities in type 2 diabetes mellitus, sensorineural hearing loss in type 2 diabetic, Ectopic thyroid with thyrotoxicosis.

PUBLICATIONS

A study of Correlation of thyroid dysfunction on lipid abnormalities in post menopausal women. A Prospective, Randomized, Controlled Trial Of Autologous.

MedPulse International Journal of Medicine 1 (2), 13-21

A study of fasting and postprandial lipid abnormalities in type 2 diabetes mellitus.

J. Evolution Med. Dent. Sci. 2016;5(60):4234-4238, DOI: 10.14260/jemds/2016/965

Ectopic thyroid with thyrotoxicosis: Rare presentation of lingual thyroid in child.

MedPulse International Journal of Surgery 1 (2), 17-18.

A prospective, randomized, controlled trial of autologous platelet-Rich plasma for the treatment of diabetic foot ulcers.

MedPulse International Journal of Surgery 1 (3), 25-30.

Prevalence of sensorineural hearing loss in type 2 diabetic subjects and its correlation to glycemic status and duration of diabetes mellitus.

Journal of Evolution of Medical and Dental Sciences 5 (28), 1456-1461

ACHIEVEMENTS

Participated in 3 day World Congress of Gerontology & Geriatrics 4th International Conference. (11/2016)

Participated in 3 day conference-EMCON MADURAI (11/2016)

CARDIOLOGY UPDATE 2016 (09/2016)

CRITICON 2016 CME ON MECHANICAL VENTILATION (01/2016)

Participated in 2 day RESCARE 9TH national conference of Indian association of respiratory care (IARC) (10/2015)

Participated in 2 day KUMB MET CON (12/2014)

WORK EXPERIENCE

Assistant Professor Department of General Medicine **AL AZHAR MEDICAL COLLEGE AND SUPER SPECIALITY HOSPITAL**

07/2018 - Present

Thodupuzha

Achievements/Tasks

- Treating patients' medical/health problems by referring to their history and carrying out diagnosis, investigation, treatment and referral as appropriate. Discuss side-effects, best conditions for use, and possible interactions of medication.
- Contributing to the delivery of patient services with nurses, technicians, and other medical staff. Collect, record and maintain patient information, such as medical history, reports and examination results.
- Supervising and training medical students. Participating in research studies commissioned by the hospital board. Accommodating rotating shifts and work flexible schedules.
- Performing all such duties adhering to various acts related to Medical Education, Medical Services and Public Health including acts related to allied specialties as to obtain & maintain the affiliation of the College and the attached Teaching Hospital. Conducting various medical/paramedical Undergraduate/Postgraduate courses thereby helping to establish and ensure the basic minimum standard of Medical Education & Research.
- Teaching & training Undergraduate (MBBS) Medical students including Interns/ Postgraduate Medical students so as to achieve the Educational Objectives i.e. to develop their knowledge, skills & attitude.
- Assisting Associate Professors/Professors/ HOD to do periodic evaluation / assessment of Undergraduate (MBBS) / Postgraduate Medical students by conducting their internal (College) examinations, assessment, maintain attendance & academic (including Internship) record of individual medical student for the minimum period as stipulated.
- Collaborated with College Council , Undergraduate & Postgraduate Academic Committees , Medical Education Teaching Technology Cell , Library Committee of the College and to organize / participate in teaching programs like Lectures / Tutorials/Group Discussions-Ward Clinics-Demonstrations/Practical's and other academic activities like Seminars / Symposia / Panel Discussions / Workshops / Guest Lectures / Conferences / Continuing Medical Education Programs etc. and to maintain a Departmental Library for medical students as well as teaching staff.
- Planning, proposing, processing the proposals , procuring & maintaining plant & machinery, equipment's & instruments, Furniture & Fixtures (Dead Stock) and to maintain record of all such items in the custody of the Department.

Junior Resident/ Post Graduate Student **VINAYAKA MISSIONS MEDICAL COLLEGE AND HOSPITAL**

06/2014 - 06/2017

Karaikal, Pondicherry

Achievements/Tasks

- Elicited a detailed history, examination and diagnosis about medical conditions of the patient. Maintain accurate medical records and document patient case history, vital statistics and investigations of patients in detail.
- Organized and conducted medical camps and awareness workshops. Monitored admitted patients and evaluated their progress regularly and ensured improvement.
- Provided emergency care in consultation with Senior Physician. Administered of medicines and vaccinations to the patients. Discussed cases with the senior consultant and decide on treatment best suited to the patient's condition.
- Referred special cases to concerned specialists. Educated patients regarding their condition and treatment options. Patiently explained the intended treatment as well as investigation to the patients and their family.
- Strictly maintained patient confidentiality and sensitive information. Ordered and executed diagnostic tests and analyzed images to further investigate patients condition.

House Surgeon/ Intern **SRI SIDDHARTHA MEDICAL COLLEGE**

09/2012 - 11/2013

Tumkur, Karnataka

Achievements/Tasks

- Examined patients record medical history and details of their current health concern. Ordered laboratory investigations and diagnostic procedures.
- Prescribed and administered medication, vaccinations and treatments. Provided emergency care and management of critically ill patients under the supervision of senior consultants.
- Conducted deliveries and provided prenatal and post natal care. Reported births, deaths and incidences of contagious diseases to the concerned governmental authorities.
- Performed minor procedures such as IV cannulation , Cathetersation , ECG , ABG , Skin biopsies and Dressings.

EDUCATION

- M.D (General Medicine)**
VINAYAKA MISSIONS MEDICAL COLLEGE
2017
Karaikal, Pondicherry
- Bachelor of Medicine and Surgery (M.B.B.S)**
SRI SIDDHARTHA MEDICAL COLLEGE
2013
Tumkur, Karnataka

PROJECTS

- Dissertation:**
A study of correlation of thyroid dysfunction on lipid abnormalities in post menopausal women.
- Fellowship In Upper And Lower GI Endoscopy.**
World Laparoscopy Hospital.
Gurguam, Delhi

CERTIFICATIONS

- Diploma in Diabetes Management.
"Apollo Hospitals Education And Research Foundation "
- Exercise and Mental Health
"The Open University-Jan 2018 "
- Gene Therapy
"The Open University -Jan 2018 "
- Death and Medicine: Postponement and Promise
"The Open University -Jan 2018 "
- Challenging the biomedical model of childbirth
"The Open University -Jan 2018 "
- Campaigns and Organizations
"The Open University-Jan 2018 "
- First Aid For Babies and Children International
"Federation of Red Cross and Red Crescent Societies -Jan 2018 "
- Infection Control Orientation - Direct Patient Contact
"Australian Commission On Safety and Quality In Health Care -ul 2017 "
- Bloodborne Pathogens
"NHCPS-Jan 2019"
- Drug Development Process: Combating pain
"The Open University -Jan 2018 "
- Emotions and Emotional disorders
"The Open University -Jan 2018 "
- Care Transactions
"The Open University-Jan 2018 "
- Ageing and Disability: Transitions into residential care
"The Open University-May 2018 "
- A Question of ethics: Right or Wrong
"The Open University -Jan 2018 "
- Clinical Supervision with Confidence
"University of East Anglia (UEA) -Jan 2018 "

LANGUAGES

- English
Full Professional Proficiency
- Malayalam
Native or Bilingual Proficiency
- Kannada
Professional Working Proficiency
- Tamil
Full Professional Proficiency
- Hindi
Full Professional Proficiency