

Curriculum Vitae

Dr Sandip Balar

A1-503, Shivdhara Ananta Residency, Mota varachha, Surat-394101.

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Professional Summary

Qualified as MBBS from SMIMER medical college, Surat, Gujarat. Successfully completed DNB Orthopedics residency from P.D. Hinduja Hospital, Mumbai, one of the top hospitals & medical research centers in the country. Demonstrated my interest in orthopedics by being updated on the latest techniques and technologies in the field & paper presentation. Compassionate doctor who always considers my patients' needs and comfort levels during diagnosis and treatment and works to ensure they have the best possible experience.

Qualifications

DNB Orthopedics

August 2020 to August 2023

P.D. Hinduja Hospital, Mumbai.

MBBS

SMIMER medical college, Surat.

September 2013 to March 2019

Work Experience

Resident (Orthopedics) August 2020 - August 2023

P.D. Hinduja Hospital, Mumbai.

- Diagnosing fractures, ligament injuries, infections, tumors and its treatment
- Application of casts, slabs, splints for fractures, deformities, joint dislocations
- Performing tests to diagnose ailments and schedule patients for surgeries
- Surgeries for fracture fixations, arthroscopic & Joint replacement surgeries
- Arthroscopic Ligament Reconstruction & Repair Surgeries, Regenerative Medicine for Sports Injuries, Joint Preservation Surgeries, Arthroscopic Joint Debridement.
- Adult & Pediatric Limb Trauma & its Management
- Diagnosing Orthopedic Oncology & its Treatment.

Consultant Orthopaedic surgeon (March 2024 till now)

Samarpan Trust hospital, Keshod

Responsibilities

In Emergency Department

- Assessed patients, ordered appropriate investigations, reduced fractures & dislocated joints, applied slabs/splints, admitted patients for further care, discharged patients who require OPD follow ups.

In Outpatient Department

- Assessed patients clinically, advised them appropriate investigations and treatment.
- Performed Stitch removal and wound check ups and dressings.
- Counseled patients who were candidates for surgical management, explained them the surgical plan, pre-operative work up and post-operative management protocols.
- Scheduled surgeries of the patients, helped patients to file insurance claims, answered insurance-related queries and obtaining approvals.
- Performed minor Outpatient Invasive/non-invasive procedures.
- Performed surgeries as well as assisted renowned consultants in surgeries for Fracture fixation, Arthroscopic surgeries, Spine surgeries, Pediatric orthopedic surgeries, Joint replacement surgeries.
- Arranged appropriate implants by placing orders to concerned implant dealers.
- Coordinated with my seniors, colleagues, anesthetists, nurses and OT technicians, Implant company people.
- Arranged time slots and resources required to perform surgeries.

In wards

- Assessed patients in wards and ordered appropriate medications, Physiotherapy and pain management.
- Performed minor non-invasive and invasive bedside procedures.
- Coordinated with nurses and health care workers for appropriate patient management.
- Referred patients to consultants from other specialties for management of non-orthopedic ailments, for obtaining surgical fitness, etc
- Explained patients and their relatives about line of treatment and risks involved, solved their related queries.
- Discharged patients with appropriate post discharge advises to the patients.
- Always kept my seniors and colleagues informed.

In Academics

- Involved in undergraduate teaching programs, regular departmental academic meetings.
- Kept my knowledge up to date by attending Continuing Medical Education (CMEs) Programs; Regional, National & International Conferences; reading latest journals.
- Took part in research activity

Skills

- Excellent English, Hindi, and Gujarati language skills as well as a working knowledge of Marathi to allow effective communication with other doctors and patients.
- Psychology knowledge to assist with understanding patients, answering questions, addressing concerns, and providing a compassionate ear during stressful times.
- Qualified surgeon who is knowledgeable of the laws and ethics surrounding the field of medicine and surgery.

Registrations

- Gujarat Medical Council

Presentations at Conferences

- **Sandip Balar** (20201) "Unstable Inter-Trochentric Femur Fracture Fixation With Proximal Femoral Nail Anti-Rotation(PFNA-2)- Does Not Need Fixation Of The Lateral Wall" Oral presentation at IOACON 2021 GOA, India.
- **Sandip Balar** (2021) "Distal femur fracture in polio affected patient" ePoster presentation at IOACON 2021, GOA, India.
- AO Trauma Basic Principles Of Fracture Management course in 2021
- AO Trauma Course- Advanced Principles Of Fracture Management in 2022
- 9th International Arthroscopy Academy Meeting 2023.
- Bombay Orthopedic Society WIROC in 2021.
- Bombay Orthopedic Society WIROC in 2022.

Hobbies, interests, and extracurricular activities

- Organized and participated in various free health check camps in rural areas
- Participated in Blood Donation Camps at undergraduate college level
- Participated in various quizzes and debate competitions at school and college level
- Reading
- Traveling
- Listening to music