

DR. ASHWARYA GUPTA



MBBS, MD(GEN MED), MRCP(UK), DNB(MED), PDF (DIABETOLOGY)

Profile

- Experienced and compassionate General Medicine doctor with over 3 years of clinical practice and a demonstrated history of diagnosing, treating, and managing a wide range of medical conditions.
- Adept at managing both acute and chronic diseases, providing patient-centered care, and ensuring high standards of medical treatment.
- Skilled in clinical decision-making, patient counselling, and interdisciplinary collaboration.
- Proficient in evidence-based medicine and committed to continuous professional development and lifelong learning and teaching

Education

- PDF Diabetology – AIIMS Rishikesh, 2023
- MRCP UK
- MD (Gen Med) - Midnapore medical College & Hospital - 2019- 2022.
- MBBS -Kasturba Medical College, Manipal -, 2012- 2017.
- HSC - Guru Nanak Public School -, 2012.
- High school diploma - All Saints' College —, 2010.

CONTACT

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Work Experience

SENIOR RESIDENT NOV 2024 – TILL DATE

AIIMS Rishikesh

- Provide expert medical care to patients with a wide range of medical conditions, including respiratory, cardiovascular, gastrointestinal, endocrine, and infectious diseases.

- Moderated seminars for post graduates as well as took lectures and bedside teaching classes for undergraduates.
- Manage both outpatient and inpatient cases, including emergencies and chronic disease management.

SENIOR RESIDENT NOV 2023- NOV 2024

AIIMS Rishikesh

- PDCC diabetology
- In-depth knowledge of the pathophysiology and treatment of diabetes and obesity.
- Advanced skills in clinical management, including the use of new pharmacological and surgical treatments.
- Hands-on experience in designing and conducting research in metabolic diseases.
- A thorough understanding of the multidisciplinary approach to obesity and diabetes care

SENIOR RESIDENT MAY 2023- OCT 2023

RML Hospital, Delhi

- Managed inpatient wards and attended to a variety of cases, including critical care, emergency, and post-operative patients.
- Performed diagnostic and therapeutic procedures, such as lumbar punctures, pleural taps, and central venous catheter insertions.
- Assisted in organizing and conducting academic sessions, including case presentations, journal clubs, and continuing medical education (CME).
- Worked in collaboration with a multidisciplinary team to ensure high standards of patient care and recovery.

SENIOR RESIDENT APRIL 2023- MAY 2023

Safdarjung Hospital, Delhi

- Managed inpatient & outpatient department at one of the busiest hospital in India and attended to a variety of cases, including critical care, emergency, and post-operative patients.
- Organised seminars for UG PG students

SENIOR RESIDENT(JULY 2022- APRIL 2023)

Max Superspeciality hospital, Saket, Delhi

- Worked in the critical care department.
- Treated critically ill patients with life threatening illnesses.
- Learned various procedures eg, central line & arterial line insertions, percutaneous tracheostomies, intubation & mechanical ventilation, bed side echocardiography

POST GRADUATE TRAINEE (May 2019- Jun 2022)

Midnapore medical college & hospital, (Midnapore)

- Wrote and edited data collection forms and questionnaires.
- Planned, modified and executed research techniques, procedures and tests.
- Performed statistical, qualitative and quantitative analysis.
- Expanded teaching abilities by leading undergraduate classes.
- Thesis topic - Observational study on etiology & clinical outcome of acute kidney injury in medical ward in a rural tertiary care hospital in West Bengal

EMERGENCY MEDICAL OFFICER (Jan 2019- Apr 2019)

Shri Ram Murti Smarak Medical College, Bareilly

- Administered high level of care to patients using active listening and open-ended questioning.

INTERN (Mar 2017- Mar 2018)

Kasturba medical college, Manipal

- Took detailed patient histories and followed them up during daily rounds
- Did the needed bedside procedures for the patients.
- Collaborated with team to optimize workflow and achieve objectives.

SKILLS & COMPETENCIES

Clinical Skills: Comprehensive clinical examination, differential diagnosis, treatment planning, and long-term disease management.

Medical Procedures: Proficient in minor medical procedures such as venipuncture, lumbar punctures, thoracentesis, and ECG interpretation, central line insertion, arterial line insertion, intubation, bedside Echocardiography

Emergency Care: Experience in handling critical medical emergencies, trauma cases, and acute illnesses.

Communication: Strong ability to communicate effectively with patients, families, and interdisciplinary healthcare teams.

Patient Education: Passion for educating patients on disease prevention, management, and lifestyle modifications.

Leadership & Mentoring: Experience mentoring junior staff and leading departmental initiatives.

Technology: Familiar with hospital information systems (HIS), electronic medical records (EMR), and telemedicine platforms.

RESEARCH & ACADEMIC CONTRIBUTIONS

- **Research Interests:** Diabetes

- **Publications:**

1. “NT-proBNP as a prognostic marker in critically ill Indian patients: A retrospective observational study from a tertiary care center in north India– Published in Bengal Physician Journal, 2024

- **Conferences & Workshops:**

1. Speaker, insulin meet, 2005
2. Speaker, Diabetes education training program 2024
3. Attendee, [Conference of cardio diabetic society], [2023, 2024]
4. Attendee, SEADFCON2023
5. Awards, Bronze medal at 11th UK APICON
6. Paper presentation at Diabetes India 2024
7. Poster presentation at 27th annual conference of API, west Bengal branch

PROFESSIONAL MEMBERSHIPS

- **Indian Society of Critical Care Medicine** – Member since 2021
- **Cardio diabetic Society- Member since 2023**
- **Association of Physicians of India (API)** – Member since 2023

CONTINUING MEDICAL EDUCATION (CME)

- **Recent CME Courses:**

- ILD update for physicians, AIIMS Rishikesh 2024
- National conference of family medicine & primary care at AIIMS Rishikesh, 2024

