

# CURRICULUM VITAE



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## PERSONAL DETAILS

**NAME**

**DR. RAJESH SIMON**

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**Current Appointment:** Senior Consultant, Division of Foot and Ankle, Dept of Orthopaedics and Traumatology, Lakeshore Hospital and Research Centre, Nettoor, Kochi, Kerala, India. Working since July 2003.

## **Academic Qualification:**

### **M.B.B.S. -**

Passed out in Jan 1994 in 1<sup>st</sup> attempt from Adichunchanagiri Institute of Medical Sciences, Bellur, Karnataka, India. Degree awarded by Mysore University.

**M.S. (orthopaedics)** –Passed out in Dec 1999 from Christian Medical College, Ludhiana, Punjab.. Degree awarded by Baba Farid Medical University, Punjab.

### **Training Course**

- A.O. Basic Course Cochin 2007
- A.O Advance course New Delhi 2009
- Immediate Trauma Life support course Cochin 2005
- Foot and Ankle course Munich 2016

### **Train the trainer Program**

- Immediate Trauma life support based on the similar lines with ATLS in 2009
- AO provider course for Faculty education program (FEP) by AO in Hong Kong in 2013

### **Fellowships:**

- Fellowship on Hip Arthroscopy from Warwick University, United Kingdom
- Fellowship on Foot and Ankle from University of Alabama, Birmingham, United States of America

### **Memberships of learned societies:**

- Life Member of Indian Orthopaedics Association,
- Life Member of Indian Medical Council,
- Life Member of Indian Arthroscopy Society
- Life Member of Indian Foot and Ankle Association
- Member in A O Trauma Society.
- Life Member of Trauma Society of India
- Life Member of Kerala Orthopaedic Association,
- Life Member of Arthroscopy society of Kerala

- Life Member of Bombay Orthopaedic Society
- Life Member Cochin Orthopaedic Society

**Licence and Registration No:** 22804 (Travancore Cochin Medical Council)

- **Positions in Learned Societies**
- Hon Secretary of Indian Foot and Ankle Society (2016 onwards)
- National Executive of Indian Orthopaedic Association 2016-2017
- Past Treasurer of Cochin Orthopaedic Society from 2006-2008
- Past Hon Secretary of Cochin Orthopaedic society 2008-2010
- Past Joint Secretary of Kerala Orthopaedic Associations 2012-13

#### **MASS CASUALTY MANAGEMENT EXPERIENCE:**

- Member of Trauma Management in rescue team in the site of Train Crash in Khanna 1999 wherein about 400 people were injured
- I worked for 3 months during earthquake in Gandhidham, Kutch in January 2001 with Christian Medical College. Performed innumerable surgeries for the needy patients free of cost and received *awarded for excellence in Humanity services* from Bramakumari team, a NGO organization.

#### **RESEARCH WORK:**

1. Thesis: “A long term study of “Supracondylar fractures of Humerus in Children”: Punjab University as mandatory requirement for M.S (Orthopaedics)
2. Dwyer AJ, Rawat JS, Mam MK, John B and **Simon R**. Treatment Of Supracondylar Fracture Humerus In Children. Punjab Orthopaedic Journal. 2006
3. Rawat JS, Dwyer AJ, John B, Mam MK, **Simon R**: Closed displaced supracondylar fracture humerus in children treated by pinning with a review of literature. Orthopaedic Update (India) 2003; 12: 54-59.

4. Dwyer AJ, John B and **Simon R**: Case Report: Bilateral pathological supracondylar fracture of the humerus in a three one half years old boy. Orthopaedic Update (India) 2001; 11: 85.

5. Co-Author in Poster Presentation at IOACON 2001 “Supracondylar fracture of Humerus.--A Fourteen Year study (Pitfalls in Management)”

6. I had been a member in clinical research trials during the research of a compound Prallethrine an insect repellent done with a research group in 1995 in Vapi .

## **PRESENTATION IN LEARNED SOCIETY**

### ***Guest Lecture/ Faculty:***

1. Guest Lecture on “Osteoporosis” in continuing surgical education programme in Gujarat State Surgeons Associations on Oct 2001 in Vapi.
2. Faculty Lecture on Diaphyseal fracture in ORP session of AO basic course in 2009.
3. Guest Lecturer in Management of Upper limb Extremities injuries on national Conference of Surgeons ASI 2011 in Kochi
4. Faculty Lecture on Ankle injuries: Prevention and management of complications in Symposium of Malunion of Ankle injuries during IOA CON 2012 in Chennai
5. Faculty Lecture on Volar plating in Distal radius in Wrist Symposium during IOACON 2012 in Chennai
6. Faculty talk on Tips and Tricks of Volar plating of distal Radius and Faculty on Distal Radius and Proximal Humerus LCP fixation during workshop of IOACON 2012.
7. Faculty and Co Chairman with lectures on Open fractures, Diaphyseal fractures and Non Union and Mal Union in AO Basic Course Kochi in March 2013
8. Faculty Lecture on Ankle Injuries and Chronic Tendo Achillis tear in National Conference of Indian Foot and Ankle association IFASCON, Gurgaon in August 2013
9. Guest Lecture on Legal Implications in Medical practice and PFNA2-How it scores over PFN, and IM Nailing in Proximal Tibial fractures in NAILSCON Nagpur October 2013

10. Guest Lecture on Proximal Femoral Nail Antirotation blade –its advantage over the regular PFN in Orthopaedic Master class held in September 2014 in Goa.
11. Faculty in the Jansen National foot and ankle webinar in May 4th 2014
12. Guest lecture on Modalities of treatment in Ankle injuries along in Vumedi Webinar in association with Indian foot and ankle Association and American foot and ankle association in October 21<sup>st</sup> 2014.
13. Guest Lecture on Distal Radius open reduction internal fixation in the prestigious KI George CME of the Kerala Orthopaedic Association Conference (KOACON 2015 in Wayanad.
14. Faculty talks in Ankle fractures, Radiation hazards and Diaphyseal fracture management in AO Basic Course in Kochi in February 2015.
14. Faculty lecture on Syndesmotic injuries controversy, Ankle sprain and mid foot injury management in the Foot and Ankle Symposium Kochi May 2015.
15. Faculty lectures on Understanding Ankle fractures, Syndesmotic injuries and complications of ankle injuries in Foot and Ankle CME held in JSS Mysore in August 2015
16. Faculty in Annual conference in Indian Foot and Ankle Society( IFASCON 2015 in Ludhiana. Lecture on the management of complications in Pilon fractures.
17. Course Chairman and Faculty with lectures on LCPs, Compartment syndrome in AO ORP course in Feb 2016 in Bangalore
18. Course Chairman and Faculty in Centre of Academic Excellence (CAPE of Kerala Orthopaedic Association KOA on Scaphoid with topics on percutaneous techniques in scaphoid and 4 corner fusion vs PFC of wrist in March CAPE 2016
19. Faculty in UP Orthopaedic Association Trauma CME on Foot and Ankle in March 2016.
- 20 Faculty in Bangalore Foot and Ankle Cadaveric Course and Symposium in May 2016.
21. Faculty in Foot and Ankle session in Orthopaedic Association of South Indian States( OASIS Trauma) held in June 2016.

***Podium Presentations:***

1. Closed displaced supracondylar fracture humerus in children treated by pinning. 9<sup>th</sup> Annual Conference - Punjab Chapter of Indian Orthopaedic Association, Ludhiana, India - April 2006.

2. Arthroscopic Management of Septic Arthritis' in 32 patients. In 5<sup>th</sup> Annual Conference of Orthopaedic Association of SAARC countries (OASAC) in Male ( Maldives) at June 2008-08-31
3. Damage Control Orthopaedics in 5<sup>th</sup> Annual Conference of Orthopaedic Association of SAARC countries (OASAC) in Male ( Maldives) at June 2008
3. Fracture Distal radius-Management with locking plate in Jan KOACON 2010: Palghat
4. Management of Geriatric Fractures with Proximal femoral Nail A2 in Annual conference of Indian Orthopaedic Association IOACON 11 in Greater Noida.
5. Delivered a paper on Complications of LCPs in management of Complex Proximal Tibial fractures in 1<sup>st</sup> AO Trauma Asia Pacific Scientific Congress and TK Expert Symposium on May 11<sup>th</sup> 2012 in Hong Kong
- 6, Delivered paper on Arthroscopy in Foot and Ankle in KOACON 2016 held in Trichur , Kerala

### **Organizational/Academic/ Administrative Experience:**

- Member of organising committee for CME on joint replacement for LOBO memorial oration in 1998 Ludhiana.
- Medical Superintendent of the Sarvajanic Mission Hospital for 3 years from July 2000 – June 2003. Conducted various medical camps during the tenure for the poor and needy people.
- Faculty of orthopaedics in teaching MBBS students of Universal Empire Institute of Medical Sciences, a WHO recognized medical school for one year during 2004-5
- Executive member, organizing committee of CME in “Management of shoulder injuries”2005 arranged by Kerala Orthopaedic Association in Lakeshore hospital.
- Executive member, Organising committee, Indian Society of Hand, Annual National Conference ISHCON 2005, Kochi
- Treasurer of the CME in Basic Orthopaedics for PG students conducted under aegis of KOA May 2007
- **Organizing Secretary** of ‘LAKESHORE TRAUMA UPDATE –
  - WRIST UPDATE 2008’ a CME held on July 2008 on wrist and Workshop of distal radius fracture fixation with LCP ;
  - ELBOW UPDATE 2009’ a CME held on June 2009 on elbow and Workshop of distal humerus fracture fixation with LCP

- CALCANEUM 2010 a CME held on calcaneum and Workshop of calcaneal fracture fixation with LCP;
  - PROXIMAL HUMERUS 2011 a CME held on June 2011 on proximal Humerus fracture management and Workshop of Proximal humerus fracture fixation with PHILLOS
  - PROXIMAL FEMUR 2012, a CME held on June 2012 on Proximal Femur fracture management and workshops of Proximal Femur fixation with PFNA 2.
- Executive member of Orthopaedic Association of South Indian States annual conference on (OASISCON) September 2009
  - **Organizing Secretary** of Centre of Academic and Practical Excellence – Kerala Orthopaedic Association (CAPE-KOA) on Fracture fixation of Distal Femur and Workshop on fracture Fixation with LCP with Synthes India Ltd.
  - Co convener of the prestigious KT Dholakia CME at National Conference of Indian Orthopaedic Association IOACON Gurgaon 2012 and IOAON 2013 Chennai
  - Past Chairman of the Cochin Backwater Round Table 131 2011-2012 - a nongovernmental movement of young men
  - Past Joint Secretary of Kerala Orthopaedic Association.
  - Co chairman for AO Basic Course in March 2013 held in Kochi.
  - Present National Executive member of Indian foot and Ankle Association.
  - **Organizing Secretary** for the Current Concepts in Trauma Kochi 2014 (National conference of Trauma Society of India) in April 2014
  - Convener of Orthopaedic Radiology and Pathology forum in Orthopaedic Master class held in September 2014 in Goa.
  - **Organizing Chairman** in
  - ``Foot and Ankle Symposium April 2015 Kochi
  - ` AO ORP basic Course in February 2016
  - ` CAPE KOA on Scaphoind in March 2016

## **SOCIAL SERVICE:**

Getting involved with social causes mainly the ones connected with medical activities.

I had been actively involved in an NGO organization called Navjeevan Centre who support the parentless children born out of wedlock especially of the women from red street areas of Mumbai. Had been a medical personal for those children from 1995 to 2002.

I support a orphan child in SOS village in Aluva for her studies and give her a family support along with my family.

I also give free consultation in an Araya, a house of vagabonds.

### **EXTRA CIRRICULAR ACTIVITIES:**

Travelling, Indoor games (Badminton, Table Tennis), Music, Reading and History

**Language Fluency:** Speaking/understanding/writing: English, Hindi, Gujarati, Malayalam and Punjab