



KRITIKA CHOPRA KUMAR

Ophthalmologist

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Diligent senior resident doctor, certified in Ophthalmology, motivated to learn, grow and excel in the subject. Clear understanding of clinical as well as surgical principles, eager to contribute to the effective patient care through hard work, attention to detail and excellent clinical examination skills. Impressive oral and written communication skills, she has participated in multiple national and international conferences. She has co-authored a chapter, has seven publications to her credit with quite a few research projects under way. With her warm and welcoming demeanour, she interacts positively with other medical care providers, patients and families. Management of amblyopia, Retinopathy of Prematurity(ROP), eye tumours and prevention of childhood blindness- are few topics close to her heart. Keen interest in amalgamating clinical knowledge with latest technological advancements. Co-founder of PGQQuest, which has created two applications namely, Chemotherapy regimens and Cancer Staging (Playstore and Appstore) with more than 100000 users combined.



Skills

- ◆ ILETS Band **8.5**, English Language. ◆ ◆ ◆ ◆ ◆
- ◆ Hindi ◆ ◆ ◆ ◆ ◆
- ◆ Punjabi ◆ ◆ ◆ ◆ ◆
- ◆ Spanish Language – Entry level ◆ ◆ ◆ ◆ ◆
- ◆ Patient chart management, counselling and safety ◆ ◆ ◆ ◆ ◆
- ◆ Diagnostics & Treatment plan development ◆ ◆ ◆ ◆ ◆
- ◆ Clinical research ◆ ◆ ◆ ◆ ◆
- ◆ Surgical Treatment procedures & best practices ◆ ◆ ◆ ◆ ◆
- ◆ Interdisciplinary team coordination and Bedside care ◆ ◆ ◆ ◆ ◆



Work History

Mar 2019 -
Current

Senior Resident Ophthalmologist

Vardhaman Mahavir Medical College & Safdarjung Hospital, New Delhi, Delhi

- Evaluating patient histories, complaints and current symptoms to understand the underlying condition. **Ordering and executing relevant diagnostic tests** and analysing diagnostic images.
- Conducting **thorough ophthalmological examination** of patients and discussed differential diagnosis with specialists to obtain expertise on patient conditions.
- Identifying serious conditions and **emergency situations** and immediately manage or referring the patient for prompt care.
- Writing **medical prescriptions**, detailing side effects and possible adverse reactions to keep patients informed and alert of potential issues.
- Performing **cataract surgical procedures and eyelid surgeries**, twice a week. Assisting various orbital procedures, lacrimal drainage based surgeries, corneal transplants and glaucoma surgeries.
- Actively involved in **teaching and conducting assessments** for junior residents.
- ***Publications and research:**
 1. Original article titled "Primary Eye Care Model in India" in Community Eye Health Journal (accepted for publication) July 2021. Authors- Dr. S Abrol, Dr. Kritika Chopra Kumar.
 2. A case report titled "How 'eye' helped in VHL disease" in the European Journal of Ophthalmology in July 2021. Authors- Dr. Swati T, Dr. Kritika Chopra Kumar.
 3. A case report titled "The Golden-eyed child" in the Journal of Paediatric Ophthalmology and Strabismus in May 2020. Authors- Dr. Swati T, Dr. Kritika Chopra.
 4. An original Article titled "Retinal and choroidal thickness measurement in myopic eyes by spectral domain optical coherence tomography and enhanced depth imaging: OCT" in International Journal of Medical Ophthalmology in 2019. Authors- Dr. Samrin S, Dr. Kritika C.
- **UNDER REVIEW:**
 1. Man Vs Machine: The scope of machine learning in ophthalmology

May 2018 -
Mar 2019

Senior Resident Ophthalmologist (Paediatric ophthalmology)

Chacha Nehru Bal Chikitsalaya (220 bedded Paediatric Hospital), New Delhi, Delhi

- Administered **high level of care to patients** through active listening, open-ended questioning and thorough clinical ophthalmic examination.
- Evaluated patient histories, complaints and current symptoms to understand conditions & begin diagnostic processes.
- Interacted with **other professionals**, including those from different specialties to impart/gain knowledge and discuss best treatment courses.
- **ROP screening & its** medical treatment; prompt referral
- Performed **paediatric cataract surgical** procedures & eyelid surgeries, once a week.

• ***Publications and Research:**

1. An original article titled "Knowledge, Awareness, and Practice Among Caregivers of Children With Vernal Keratoconjunctivitis in a Tertiary Care Pediatric Hospital" in the Journal of Paediatric Ophthalmology and Strabismus in December 2018. Authors- Dr. Meenakshi W, Dr. Shubhangi K, Dr. Kritika Chopra, Dr. Sneha, Dr. Rahul.
2. A case report titled "A Descriptive Case Report of a family showing various features of Aniridia and its Genetic Analysis" in the BMJ Case Reports in February 2019. Authors- Dr. Meenakshi W, Dr. Shibal B, Dr. Kritika Chopra, Dr. Manoj Kumar.
3. A case report titled "My Right eye looks Red and angry!" in the Journal of Pediatric Ophthalmology and Strabismus in December 2018. Authors- Dr. Meenakshi W, Dr. Kritika Chopra, Dr. Manika.

UNDER REVIEW

1. A case report titled "A rare case of Ankyloblepharon Adnatum Filiforme" in the Oman Journal of Ophthalmology in February 2019.
Authors- Dr. Meenakshi W, Dr. Kritika Chopra, Dr. Manika.
2. Epidemiological Study titled "COMPUTER VISION SYNDROME-A modern epidemic." Authors- Dr. Kritika Chopra.
3. A Comparative Study of Occlusion Versus Visual Stimulation therapy in Treatment of Amblyopia. Authors - Dr. Savitha Arun, Dr. Kritika Chopra, Dr. Sri Ganesh.

Jan 2018 -
Jan 2018

Short Term Fellowship in Phacoemulsification

Venu Eye Institute and Research Centre, New Delhi, Delhi

- Performed 15 Phacoemulsification surgeries, with foldable IOL implantation, under supervision.
- Developed and maintained courteous and effective working relationships.



Jun 2014 -
Jun 2017

DNB (Diplomate in National Board), Ophthalmology: Ophthalmology

Nethradhama Super specialty Eye Hospital - Bangalore, Karnataka

- **Post Graduate Dissertation** : Comparative study of the keratometric readings obtained with Manual Keratometer, Auto-Keratometer, Orbscan and IOL-Master in patients undergoing Femto-second laser assisted cataract surgery.
- **Surgical Experience** :
 - Ø Small Incision Cataract Surgeries.
 - Ø Pterygium Excision and Conjunctival Autograft.
 - Ø Corneal Collagen Cross Linking for Keratoconus.
 - Ø Minor procedures such as Chalazion I and C, Syringing & probing, Dermoid cyst excision, Ankyloblepharon separation.
 - Ø One/Two muscle Strabismus surgeries.
- *** Publications and Research** :
 1. Chapter in Textbook: Chapter 20 – **Anaesthesia for Paediatric Cataract Surgery** , Principles and Practice of Ophthalmic Anaesthesia, Jaypee Publication (2017). Authors- Dr. Suman Shree R, Dr. Sri Ganesh, Dr. Veena, Dr. Kritika Chopra.
 2. A case report titled “ Peculiar case of recurrent Late Descemet's membrane detachment following an uncomplicated cataract surgery ” in the EC Ophthalmology (2017). Authors- Dr. Vipul Bhandari, Dr. Kritika Chopra, Dr. Sri Ganesh.
 3. A case report titled “ Clinical Manifestations of Rosai Dorfman Syndrome – A Case Report ” in the International Journal of Ocular Oncology and Oculoplasty in November 2016. Authors- Dr. Chinamyee JT, Dr. Kritika Chopra, Dr. Dayananda S Biligi, Dr. Sri Ganesh.
 4. A case report titled “ Jellyfish sign for intraoperative identification of posterior lenticonus ” in the International Ophthalmology in October 2016. Authors- Dr. Sri Ganesh, Dr. Sheetal Brar, Dr. Kritika Chopra.
 5. A case report titled “ Diplopia caused by Salmonella enteritidis infection ” in the IOSRJDMS in November 2015. Authors- Dr. Savitha Arun, Dr. Kritika Chopra, Dr. Sri Ganesh.
- Conducted in over 100 Community Cataract **Outreach Camps and School Children Eyesight Screening Camps** in rural South India, which involved screening, counselling, treating over 10000 people.
- Voted among the **Top Ten Promising Young Ophthalmologists** in the Bangalore Ophthalmic Society; delivered lecture on “Techniques of error-free keratometry” at the annual Summit, 2015.

- Participated in hands-on workshop on “ **Research Protocol and Thesis Writing** ” - Developed skills using **Microsoft Word** to create, format and save documents, reports and letters. Used **Microsoft Excel** and Access to create, modify and format data lists. Developed spreadsheets for recording orders and used standard formulas and functions to create graphs and charts. acquired specialized skills as using **SPSS software** for conducting Statistical Analysis and conducting basic and advanced clinical research ethically.
- Paper presentation (oral) : “**Polymerase Chain Reaction (PCR) to the rescue in anterior uveitis with diagnostic dilemma**” , at The European Society of Cataract and Refractive Surgeons at Barcelona, 2015.
- Displayed **excellent oratory skills** while presenting posters and paper presentations in several International, National, State-level and local ophthalmological Conferences and Meets. **Took initiative to plan and organize** many CME lectures on weekends by involving senior faculty from all over the country.
- **Lifetime Member** of All India Ophthalmological Society and Delhi Ophthalmological society.



**Aug 2006 -
Apr 2012**

MBBS (Bachelor of Medicine And Bachelor of Surgery)

Kempegowda Institute Of Medical Sciences - Bangalore, Karnataka

- Distinction and Rank holder.
- Awarded **Gold Medals** for securing Highest marks in subjects Anatomy and Biochemistry.
- Presented a community research based paper on “ **Acute respiratory tract infection in under 5 children**” at KARNATAKA ASSOCIATION OF COMMUNITY HEALTH SYMPOSIUM: “KACH MYKON-2009” which was published in their journal.
- Obtained certification in the **Basic Life Support and Advanced Cardiovascular Life Support** for Healthcare Providers Training Program, by Max Healthcare in collaboration with the American Heart Association.
- Obtained online certification in the **Universal Precautions and Bloodborne Pathogens Training** with 100% score, in January 2011.
- Volunteered and actively participated in the nationwide vaccination drive- **Pulse Polio Immunization Program** , in urban Bangalore held during January and February 2008.
- **Elected as the Student Council - Creative Head** in the year 2008. Organized various sports events and Annual Cultural day activities- developed leadership skills enabling me to manage teams and be involved in planning and problem solving.
- **Elected as Head of Choreography** - was responsible for a series of Indowestern and Latin American dance performances.
- Won several prizes for **Best Painting** (Tanjore style) and **Best Confection** at the Annual Day meet, 2008.



Feb 2012 -
Mar 2012

Externship: Neuroradiology

Weill Cornell Medical College - New York

Attended for an **overseas clerkship** at Weill Cornell Medical College and New York Presbyterian Hospital, New York- in the specialty of Neuro Radiology, under the guidance of Dr. AJ. Tsiouris.(Letter of recommendation can be provided)

- Learnt about various **interventional radiology** techniques, mainly focusing on Head and Neck region.
- Participated in classroom lectures, interacted with doctors from different nationalities.
- Appointed to present a talk on " **Effect of trauma induced intracranial haemorrhage** " in Weekly Board Meeting of the entire Neurology Department.



Mar 2005 -
May 2006

GED

Delhi Public School - Vasant Kunj, New Delhi

- Graduated with **91.2%** marks in the All India Senior Secondary Examination (Central Board of Secondary Education, India)
- Awarded the **Scholar Badges and Blue Coat of Honour** for proficiency in academics for **six consecutive years** (2001-2006)



Mar 2003 -
May 2004

High School Diploma

Delhi Public School - Vasant Kunj, New Delhi

- Graduated with **95%** marks in the All India Secondary Examination (Central Board of Secondary Education, India)
- Represented the youth of India at the **Future World Leaders' Summit Program** - The Presidential Classroom held at the **Georgetown University, Washington D.C, USA** in July 2004.
- Awarded a **Scholarship in Sanskrit Language** , by the Delhi Sanskrit Academy.



Certifications

- **2016: Passed the International Council of Ophthalmology part A and part B exam.**
- **Nov 2020: Second rank** in the International Certificate Course in Community Eye Health 2020 (online) organised by the LV Prasad Eye Institute, Hyderabad, India.
- **Jan 2021:** Covid -19 Skill Enhancement Program (Online), awarded by the Association of Physicians of India.
- **April 2021:** Entry Level Certification in **Quality Standards for Eye Hospitals** in accordance with the National Accreditation Board of Hospitals & Healthcare Providers, Quality Council of India. (Online)
- **May 2021: Artificial Intelligence in Healthcare Professional** Diploma Course from Stanford University, USA.
- **June 2021:** Child nutrition and cooking Course from Stanford University, USA.



Software Skills

- ◆ Microsoft Office
- ◆ SPSS (Statistical Product and Service Solutions)
- ◆ Mendeley



Interests and Memberships

- ◆
 - Yoga & meditation, Salsa Dancing, Tanjore Painting, animated movies, short-medium distance running.
 - Proud member of the Rotary Club of Gurgaon Harmony Iberis; participated actively in several projects of the club such as School eye-screening programs, vaccination camps, etc. Recipient of the **Rotary international Paul Harris Fellowship Award for exemplary community outreach services** in June 2021.
 - Director, Ophthalmology services at **Serve Samman**, a north-India based NGO. In charge of **Tele- ophthalmology** clinics and mobile unit vehicle.

Declaration: I hereby declare that the above statements are true to the best of my knowledge.

Kritika Chopra Kumar

DATED : 16TH September 2021.