



Sahithi Sharma, M.B.B.S.
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DOB: 07/27/1996

Medical Education

2014 - 2020

Vydehi Institute of Medical Sciences and Research Centre (VIMS&RC)
Rajiv Gandhi University of Health Sciences (RGUHS) Bangalore, Karnataka, India
MBBS (Bachelor of Medicine and Bachelor of Surgery)

Awards/Honors

2014-2020

“Distinction” in Anatomy, Physiology, Biochemistry, Ophthalmology,
Otorhinolaryngology and Pediatrics
University exams awarded by RGUHS, Karnataka, India

Feb 2020

Academic Excellence and subject topper in Pediatrics
University exams awarded by RGUHS, Karnataka, India

Jul 2019

Best poster presentation at “Pharmacovigilance: clinical implications” conference held at
VIMS&RC, Bangalore, India
“A rare case of Dabigatran induced hemopericardium with cardiac tamponade”

Apr 2018

Actor & Screenwriter- Best Short film in Karnataka and Second Best in India on occasion of World
TB Day 2018 conducted by IAPSM (Indian Academy of Preventive & Social Medicine)
“Be A TrailBlazer, END TB” film about leaders in all fields and walks of life fighting to eliminate TB

Sep 2015

Second place, Debate competition,
Prometheus cultural fest, MS Ramaiah Medical College, Bangalore, India

2014-2020

Captain of three-time champions in World Oncology Day Throwball tournament conducted at
VIMS&RC, Bangalore, India

2014/2020

Second and first place respectively,
Intercollegiate Basketball tournament, VIMS&RC, Bangalore, India

May 2014

Best outgoing student- Pre-University College, Batch of 2012-2014
Deeksha Integrated College, Indiranagar, Karnataka, India

May 2014

“Distinction” in Pre-University/12th Grade, Subject topper in Mathematics with 100/100 score

Work Experience after Medical School:

Jun 2021-Jul 2021

Abrazo Health Network, Phoenix, Arizona, USA

Clinical Observer

Preceptor: Hemang Gandhi M.D., Hospitalist and Vice Chair of Medicine, Abrazo Health Network
Inpatient experience:

- Reviewed medical records, discussed assessment/plan of patients on daily rounds in telemetry floors.
- Participated in multidisciplinary rounds in Neuro-ICU.
- Conferred with specialists regarding care plan in collaborative management.
- Attended calls from ER for admission and primary evaluation/treatment of patients.
- Assisted with discharge records and instructions.

May 2021-present	<p>Mayo Clinic, Scottsdale, Arizona, USA <i>Clinical Research Trainee</i> Guide: Hari P Chaliki, M.D., Department of Cardiovascular Medicine</p> <ul style="list-style-type: none"> • Working under the guidance of Dr Hari P Chaliki, Associate Professor, Department of Cardiovascular Diseases; Dr Clinton Jokerst, Associate Professor, Department of Radiology, Mayo Clinic, Scottsdale. • Writing up unique Cardiology cases for poster presentation/publication. • Projects: <ul style="list-style-type: none"> ○ Utility of multi-dimension CT in the calculation of SV and AVA in severe AS ○ Natural history of idiopathic tricuspid regurgitation ○ Progression of aortic stenosis in ESRD ○ CT vs Echocardiography RV strain in PE diagnosis • Tools: <ul style="list-style-type: none"> ○ Mayo Data Explorer, I2B2, Tomtec strain analysis, Blue Sky and JMP statistics, EndNote, advanced Excel functions. • Courses completed: <ul style="list-style-type: none"> ○ Fundamentals of Clinical & Translational Sciences (FunCaTS) • Attend weekly Cardiology and Internal Medicine grand rounds, symposiums.
May 2021-May 2021	<p>Rheumatology Care Center, Houston, Texas, USA <i>Clinical extern</i> Preceptor: Dr Wajeeha Yousaf, M.D., Rheumatologist, RCC, Houston. Outpatient experience:</p> <ul style="list-style-type: none"> • Assisted physician with history taking, performing physical exam, documenting SOAP notes and counseling patients. • Actively participated in case discussion, management and follow-up. • Observed procedures including USG guided intra-articular injections. • Participated in and documented Tele-consultations. • Contributed to patient education material on Non-radiographic axial spondyloarthritis. • Completed HIPAA compliance course.
Feb 2021-Apr 2021	<p>Chinmaya Mission Hospital, Bangalore, India <i>Medical Officer</i></p> <ul style="list-style-type: none"> • Worked as a medical officer in a 260-bedded multi-specialty hospital during the COVID pandemic in Bangalore. • Cared for COVID-19 patients admitted to floors and ICU. • Operated fever clinic for initial evaluation of suspected COVID-19 cases. • Organized COVID immunization program for frontline workers. • Co-ordinated public immunization drive and help set up vaccine booths. • Managed inpatients admitted to non-COVID floors across all departments including super-specialties.
Dec 2020-Feb 2021	<p>HealSeq Precision Medicine & Health Systems- Indian Institute of Science, Bangalore, India <i>Research Intern</i></p> <ul style="list-style-type: none"> • Worked as a research intern in a Precision Medicine start-up under the guidance of Dr Nagasuma Chandra, Professor of Biochemistry, Indian Institute of Science (IISc), Bangalore. • Carried out detailed review of literature on the association between swallowing and respiratory illnesses. • Mapped the molecular pathway for swallowing, generated Boolean equations to convert the physiological process of swallowing into a computer network. • Docked existing drugs against new target receptors implicated in disease pathogenesis to assess their effect on implicated proteins and receptors. • Set up new tools and wrote tutorials for their use in related research.

Nov 2020-Dec 2020

URSC Medical Centre, ISRO, Bangalore, India

Clinical Extern

Preceptor: Dr Shivajyoti, PCP for over 4000 employees at URSC Space Centre

- Worked in outpatient and urgent care setting; Directly involved in patient care including history taking, physical exam, workup and medicine review; Educated diabetic patients on important practices related to diet, exercise, medications, foot care, eye screening, routine testing and follow up
- Initial management of emergencies including severe dehydration, exacerbation of asthma/COPD/heart failure, accelerated hypertension, stroke/TIA, DKA/HHS, wound care, dog bite

USMLE:

USMLE Step 1- 245 (Jun 2020)

USMLE Step 2CK- 263 (Oct 2020)

Occupational English Test (Step 2CS equivalent)- Grade A (Nov 2020)

Professional Qualifications:

Advanced cardiac life support (ACLS) by American Heart Association (Jul 2021)

Basic life support (BLS) by American Heart Association (Jul 2021)

ECFMG certification (Jan 2021)

Registered Medical Practitioner by Karnataka Medical Council (Mar 2020)

Research Experience:

Nov-Dec 2020

Implementation of a standardized neonatal cardiac surgery protocol improves postoperative outcomes.

Guide- Dr Nischal K Gautam, Associate Professor, Department of Pediatric Anesthesiology, McGovern Medical School, University of Texas, Houston, USA

- Collected and organized data in Excel table; Assisted in statistical analysis; Formatted poster according to guidelines

Apr-Jun 2019

Neutrophil Lymphocyte Ratio (NLR) as a surrogate marker of Diabetic nephropathy

Guide- Dr Anand L Betdur, Professor, Department of Internal Medicine, VIMS&RC, India

- Collected, tabulated and organized data-detailed history, NLR (Neutrophil Lymphocyte Ratio), UMACR (Urine MicroAlbumin Creatinine Ratio) and eGFR (estimated Glomerular Filtration Rate) for the project.
- Established a correlation between NLR and UMACR in patients with Diabetes mellitus.

Jun-Oct 2017

Knowledge, attitude, and practice of breast self-examination amongst female IT professionals in Silicon Valley of India

Guide- Dr Chaitali A Gore, Department of Community Medicine, VIMS&RC, India

Wrote project proposal and presented it for ethical clearance; Reviewed current literature pertaining to project.

- Collected data through forms-offline/online; Performed statistical analysis; Assisted in paper writing and co-ordinated editing during review process.

Feb-Jun 2016

Effect of metformin on fibrinolysis in type 2 diabetes mellitus: an explorative study

Guide- Dr Pratibha Nadig, Professor, Department of Pharmacology, VIMS&RC, India

Dr Vijay Sarathi, Associate Professor, Department of Endocrinology, VIMS&RC, India

- Collected and tabulated data for the project; Followed up on patients to monitor compliance, response and adverse effects; Assisted in statistical analysis and provided inputs for paper writing.

Dec 2015- Jun 2016

Adverse Drug Reactions Attributed to Fondaparinux and Unfractionated Heparin in Cardiovascular Care Unit: An Observational Prospective Pilot Study in a Tertiary Care Hospital

Guide- Dr Anupam Bhambhani, Department of Cardiology; Dr Shubhatara Swamy, Dr Pratibha Nadig-Department of Pharmacology, VIMS&RC, India

- Wrote project proposal and presented it for ethical clearance; Reviewed current literature pertaining to project.
- Collected and analysed data to ascertain type, causality, severity and preventability of reactions.
- Assisted in paper writing and co-ordinated editing during review process.
- Carried out active Pharmacovigilance for the duration of the study in Department of Cardiology.

Publications:

1. **Sahithi Sharma**, Shubhatara Swamy, Anupam Bhambhani, Pratibha Nadig
Adverse Drug Reactions attributed to Fondaparinux and Unfractionated Heparin in Cardiovascular Care Unit: An observational prospective pilot study in a tertiary care hospital. Journal of Pharmacy and Bioallied Sciences (PubMed indexed), Apr 2018
<https://www.ncbi.nlm.nih.gov/pubmed/29962798>
2. Samarth Kalliguddi, **Sahithi Sharma**, Chaitali A Gore
Knowledge, attitude and practice of breast self-examination amongst female IT professionals in Silicon Valley of India. Journal of Family Medicine and Primary Care (PubMed indexed), Feb 2019
<https://www.ncbi.nlm.nih.gov/pubmed/30984674>
3. Rakesh B M, **Sahithi Sharma**, Chandana K B
A rare case of accelerated gingival overgrowth with high dose Amlodipine therapy.
Journal of Pharmacovigilance and Drug Research, March 2021
<https://jpadr.com/a-rare-case-of-accelerated-gingival-overgrowth-with-high-dose-amlodipine-therapy/>
4. **Sahithi Sharma**, Anupam Bhambhani, Aditi Nadamani
Spontaneous cardiac tamponade associated with dabigatran use in an elderly woman
Manuscript submitted to Indian Journal of Cardiovascular Diseases in Women, Jun 2021
5. **Sahithi Sharma**, Rakesh B M
Rheumatoid Arthritis Veiled by Sickie Beta-Thalassemia: A Rare Immunological Association Delaying Diagnosis
Manuscript submitted to Cureus journal, Jun 2021

Poster Presentation:

1. *Accelerated Gingival Overgrowth Associated With High Dose Amlodipine use*
International Conference of Biomedical and Pharmaceutical Science Annual Meeting, Sep 1, 2021
Presenting author
2. *Can antifibrinolytic agent selection affect postoperative seizures in neonates undergoing single ventricle palliation?*
Accepted by Congenital Heart Surgeons' Society, 48th Annual Meeting, Oct 24-25, 2021, in Chicago, Illinois
Co-author
3. *Implementation of a standardized neonatal cardiac surgery protocol improves postoperative outcomes.*
American College of Cardiology, 70th Annual Scientific Session, May 15-17, 2021, in Atlanta, Georgia
Co-author

4. *Spontaneous cardiac tamponade associated with dabigatran use: a case report.*

"Pharmacovigilance: clinical implications" CME held at VIMS&RC, in Bangalore India, July 2019

Presenting author

Volunteering Experience:

Jul-Dec 2020	COVID health education in the community, Bangalore, India Educated approximately 100 Pourakarmikas (waste collectors and street maintenance staff) in the neighborhood of Jeevanbhima Nagar on COVID-19, its spread, the right technique of handwashing, wearing/taking off mask, precautions to be taken while collecting and segregating domestic waste.
Jul-Aug 2020	COVID awareness video-VS4 Security & Services company, Bangalore, India. Scripted, directed and acted in educational video made in local language (Hindi) for 950 security personnel and community service workers. Video contained information about COVID, its spread, the right techniques of handwashing, donning and doffing masks, checking temperature on Celsius and Fahrenheit scales and importance of social distancing.
Dec 2019	Vydehi food handlers camp at Hotel Lalit Ashok, Bangalore, India Collected detailed history and examined 210 employees who handle food at the hotel including delivery staff, waiters and chefs. Administered intramuscular Typhoid vaccine. Educated staff on hygienic food handling practices.
Nov 2019	Vydehi Blood Donation drive at Harman International company, Bangalore, India Educated employees on blood donation procedures, safety measures and benefits. Motivated about 250 employees to donate blood. Assessed vital parameters, fitness for donation and addressed health issues of volunteer donors. Supervised systematic collection of blood; Standard processing, documentation and storage of collected blood products.
Sep 2019	Vydehi Freshers Orientation program, Bangalore, India [core organizing team] Participated in a panel discussion on roles and responsibilities of a medical student. Interacted with a group of assigned freshers on a one-to-one basis to address doubts/issues/apprehensions faced by them while starting their course. Conducted a tour of hospital and campus facilities for groups of students in batches. Scripted and narrated a skit on psychological hardships faced by medical students and how to overcome them.
Jul 2019	School Ophthalmology screening camp-Shivajinagar, Bangalore, India Assessed visual acuity, colour vision, field of vision and pupillary response; addressed ophthalmological complaints of approximately 300 children aged 10-15 years in school premises. Referred cases requiring further evaluation to VIMS&RC. Counselling children on eye care, healthy diet and lifestyle.
May 2019	World Hypertension Day free health camp and community health education program, Bangalore, India [core organizing team] Created visual material, slogans on hypertension, its management and complications in English and local languages. Performed physical examination including blood pressure measurement of around 200 participants along with special screening of Traffic policemen in Whitefield area near VIMS&RC campus.
Oct 2017	INSPIRE camp organized by Department of Science & Technology, Government of India in Leh, Kashmir-India Camp was organized to motivate nearly 170 students from rural areas of Ladakh district to pursue higher education and careers in science. Supervised children during of the camp, coordinated group activities and discussions, shared my personal experiences to motivate them.
Aug 2017	Breast Self-Examination (BSE) awareness workshops at Zyme IT company, Bangalore, India [core organizing team] Educated close to 150 women through interactive sessions on breast cancer and breast self-examination. Sessions were designed to inculcate regular practice of BSE by improving their knowledge and attitude towards BSE, and eliminating myths and taboos associated with breast

cancer. Designed and handed out water-proof pamphlets containing steps of BSE and diagrams of abnormalities.

Sep 2016

Adult Ultrasound Trauma Life Support skills workshop by INDO-US Emergency & Trauma Collaborative (INDUSEM) at VIMS&RC, Bangalore, India [core organizing team]
Co-ordinated with technical needs and logistical support. Managed registration and accommodation for international guests. Recruited volunteers to be subjects for ultrasound demonstrations.

Medical School Internship:

Feb 2019-Feb 2020

Vydehi Institute of Medical Sciences and Research Centre,
Rajiv Gandhi University of Health Sciences (RGUHS) Bangalore, Karnataka, India

Department of General Medicine (Internal medicine) [six weeks]

- Daily rounds of inpatients, procured detailed patient history, performed clinical examination, presented cases and participated in case discussions.
- Outpatient department- recorded brief history and relevant examination.
- Secondary evaluation and management of patients in Casualty.
- Performed procedures including- IV cannulation, drawing blood samples, ABG sampling, Ryle's tube insertion, urinary catheterisation, paracentesis, thoracocentesis
- Twenty weeks rotation as an undergraduate student

Department of Pediatrics [four weeks]

- Daily Rounds of inpatients, clinical work and procedures as done in the department of General medicine
- Clinical work particular to pediatrics-anthropometry, vaccinations, case presentations in PICU and NICU, neonatal resuscitation and pediatric emergencies
- Twelve weeks rotation as an undergraduate student

Department of Psychiatry [four weeks]

- Daily Rounds of inpatients and clinical work as in Internal medicine
- Recorded detailed social, mental and psychological history in addition to routine history and examination of outpatients
- Attended calls in psychiatric emergencies
- Trained in suicide prevention protocol

Department of Emergency Medicine [two weeks]

- Recorded history relevant to the case, performed primary and secondary survey leading to triaging of patients
- Planned further management of patients under the guidance of residents and attendings
- Attended and called Code Blue, administered CPR and advanced cardiac life support
- Performed clinical work and procedures as done in the Department of General medicine
- Two weeks rotation as an undergraduate student

Department of Cardiology (Elective) [two weeks]

- Daily Rounds of inpatients and clinical work as in Department of General medicine
- Outpatient department- recorded brief history and relevant examination.
- Attended calls in emergency room (ER)
- Participated in analysis of ECG and ECHO findings with professor/resident
- Monitored patients on treadmill stress test, dobutamine stress test
- Observed thrombolysis and angiography procedures

Department of Neurology (Elective) [two weeks]

- Daily Rounds of inpatients, clinical work and procedures as done in the Department of General medicine, in particular detailed CNS examination and lumbar puncture

- Outpatient department- recorded brief history and relevant examination.
- Attended calls in emergency room (ER)
- Participated in analysis of CT and different types of MRI Brain with resident

Department of Endocrinology (Elective) [1 week]

- Procured detailed patient history, performed clinical examination, presented cases, participated in daily rounds and case discussions for inpatients
- Brief, relevant history and examination of outpatients
- Attended EMD calls along with resident
- Acquired knowledge of multifactorial management of diabetes and its complications

Departments of General Surgery, Obstetrics & Gynaecology, Orthopaedics, Ophthalmology, Otorhinolaryngology, Community Medicine

- Obtained detailed histories, performed complete physical exams, developed and presented management plan for patients under the supervision of Residents and Senior Doctors.
- Admitted patients; Wrote progress notes, orders and discharge summaries; Assisted medical team on daily rounds; Updated families regarding progress.
- Performed minor procedures under supervision; Assisted on major obstetric/surgical procedures.

Hobbies and Interests:

- Enthusiastic about amateur stargazing.
- Cherish listening to classical rock and instrumental music.
- Trained in singing and playing Carnatic music on the keyboard.
- Playing and watching team sports including cricket, basketball and throwball.
- Long distance running, yoga and home workouts help me unwind, relax and stay fit.
- Being an outdoorsy person, I love exploring new hiking trails and cycling within the city.

Language Proficiency:

- Full professional proficiency- English
- Professional working- Hindi
- Bilingual proficiency in Kannada, Telugu, Tamil, Bengali
- Elementary proficiency- French

REFERENCES:

- Dr Hari P Chaliki
Associate Professor of Medicine
Department of Cardiovascular Medicine
Mayo Clinic, Scottsdale, Arizona
Email: chaliki.hari@mayo.edu
- Dr Nischal K Gautam
Associate Professor of Medicine
Department of Anesthesiology
McGovern Medical School, University of Texas, Houston, Texas
Email: nischal.k.gautam@uth.tmc.edu
- Dr Anupam Bhambhani
Associate Professor
Department of Cardiology
Vydehi Institute of Medical Sciences & Research Centre, Bangalore
Email: anupam.bhambhani@yahoo.in