

Dr. Akanksha Subramanian

NHS JUNIOR DOCTOR - REQUIRE TIER2 SPONSORSHIP

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Experience

NHS England

Lincolnshire, UK

FOUNDATION YEAR 1 DOCTOR

July 2021 - Present

- Worked in resource restricted and **high pressure environments** e.g. including a rural A&E department, stabilising 10 acutely unwell patients per day.
- Problem solving skills cultivated through managing 4 - 5 patients at once, while juggling all assigned tasks within set deadlines.
- Worked in multi-functional teams to achieve common targets and make ethically sound decisions for patient health e.g. withdrawal of treatment, risk-benefit counselling.
- Built robust communication skills by guiding patients and their families through difficult situations such as terminal illness, life and death situations.

NHS University Teaching Hospital

Royal United Hospitals, Bath, UK

TEACHING ASSOCIATE

April 2021 - June 2021

- Created a simulation pro-actively taught student doctors how to prioritize workloads, and produced confident doctors who are better equipped to tackle discrimination.
- Conducted an **audit on cancer related medical procedures** by using statistical techniques that resulted in standardising the clinical procedures and improve clinical standards. Use of the **quality improvement** cycle led to **strong positive impact** that was presented at a regional conference.

Bristol Social Prescribing Society

University of Bristol, UK

FOUNDER & PRESIDENT

May 2019 - Apr. 2020

- Took a lead role in educating students at the University of Bristol in Social Prescribing by conducting workshops, organising a Lifestyle Medicine Conference.
- Devised a new curriculum on Social Prescribing, which was successfully implemented and integrated into the Medical School curriculum, which was among the first in the UK. This contributed towards building sustainable healthcare systems.

Enactus Bristol UK

Bristol, UK

VICE PRESIDENT & INNOVATION HEAD

Nov 2015 - May 2018

- **Developed and mentored** 6 teams of 8 people each into building effective social enterprises internationally in the UK, Madagascar and Nepal.
- **Received 2 grants of £1,500 and £3,000**, while building relationships with organisations to succeed in achieving a common goal.
- Responsible for founding and developing an innovation team of 18 students, which **produced 3 successful enterprises**.

Projects

NHS National Social Prescribing Student Network, UK

England, United Kingdom

SOUTH WEST ENGLAND REGIONAL LEAD

March 2018 - February 2020

- Shaped the future of preventative medicine nationally in the NHS by **integrating Social Prescribing into the NHS Long Term Plan 2023-24**. This will result in a more sustainable healthcare system in the UK by implementation in general practices across England.
- As regional lead, **guided a team of 11 Social Prescribing Champions** that went on to establish societies in over 12 medical universities
- Established long-term goals as a core leader and conducted research to contribute to the evidence base via **publication in peer reviewed journals**.

Nesta Social Movements for Health

London, United Kingdom

CORE TEAM MEMBER

April 2019 - November 2019

- **Won a £20,000 grant** from Nesta to market our successful social network that promotes social prescribing - 1 of 5 initiatives selected across the UK.
- Part of the core team that **devised marketing strategies** to put social prescribing on the map via successful social media campaigns, that resulted in establishing an **Annual National Social Prescribing Day**.

Medefine Education (Non-profit)

United Kingdom/Remote

BOOK AUTHOR; BRISTOL EDUCATIONAL OFFICER

September 2015 - August 2019

- **Co-authored** a book "The Unofficial Guide to Getting into Medical School". This has benefited students with limited access to support in applications to medical school. Available on Amazon and Waterstones.
- Supported international medical applicants with limited resources in applying to medical school programmes globally by:
 - Writing, organising and conducting interview sessions and educational presentations at different schools, in person and online.
 - Providing English Language support for non-native English speakers in interview preparations.

Khanda Khanda (SASANE Sisterhood)

SOCIAL ENTERPRISE FOUNDER/MENTOR

Kathmandu, Nepal; Remote

September 2015 - August 2019

- Lead a team of 4 members to setup a female-led tourism social enterprise by ex-victims of sex trafficking in Kathmandu, Nepal.
- Successfully supported 4 women earn their tourist guide licensing, while teaching them how to setup a **profitable** and sustainable business via remote video call sessions.
- Identified a market niche through rigorous market research by developing a female-only trekking company in a majority male run industry.

Honors & Awards

Top 100 Healthcare Leaders at International Forum on Advancements in Healthcare, Dubai, Youngest recipient of the award for significant contributions towards Social Prescribing and Preventive Healthcare, amongst leaders awarded from Merck Group, Ernest and Young, and Takeda Pharmaceutical.

December 2019

Bristol Outstanding Award at University of Bristol, A prestigious award by the University of Bristol to recognise students demonstrating a high level of employability. 1 of 21 selected from 1000 applicants for making an outstanding impact on sustainable futures.

April 2019

Spirit of Enactus Award for Innovation and Collaboration at Enactus UK, Achieved at the National Enactus conference for a Social Prescribing project I founded across the UK.

Nov 2017

Bristol Plus Award at University of Bristol, Awarded to a small percentage of students who take action into their employability and gain experience in their field of study.

Jun 2017

Publications

A National Conference on Social Prescribing

The Clinical Teacher - Medical Journal

CO-AUTHOR

July 2020; PMID 32748485

- Helped organise the national conference and edited drafts for publication.

Pain care management and the potential link to reduce the risk of postnatal depression in women

MIDRIS Midwifery Journal

AUTHOR

Mar 2017

- Researched the link between pain in labour and its links with post-partum depression.

Book: The Unofficial Guide to Getting into Medical School

Amazon, Waterstones

AUTHOR

Jun 2019

- Provided insightful notes, a logical framework and annotated examples dissecting personal statements to help students have their best chance at medical school applications.
- Researched existing information on the market in order to provide the latest and most relevant advice from the most recent applicants.

Audits and Presentations

May 2019 **Cardiomyopathy Audit**, Co-Auditor and Presenter

Bristol Royal Infirmary, UK

June 2021 **Large Volume Paracentesis Audit**, Audit Lead

Royal United Hospitals, Bath, UK

Jan 2018 **JTG Head and Neck Conference**, Co-Writer and Presenter

University of Cambridge, UK

Jan 2018 **Neonatal Hypoglycemia Audit**, Writer and Researcher

Royal United Hospitals, Bath, UK

Education

University of Bristol

Bristol, United Kingdom

MEDICINE MBChB

Sep 2015 - Jun 2021

United World College of South-East Asia

Singapore, Singapore

INTERNATIONAL BACCALAUREATE; INTERNATIONAL GENERAL CERTIFICATE OF SECONDARY EDUCATION

Sep 2013 - Jun 2015; Sep 2011 - Jun 2013