PERSONAL STATEMENT  
PRANAY SIMON ARYAL  
  
I was raised on a hospital campus in Bihar, India. My mother was a pediatric charge nurse and my father worked as a hospital clerk. During my childhood, I came to witness and understand firsthand how health disparities directly affect illness. As a young child, I watched how families traveled long distances, some even selling their homes or possessions, in order to seek critical medical aid. I started to develop an interest in the wide spectrum of diseases, the inadvertent misconceptions of patient’s understanding of diseases, and the powerful relationship between a patient and a healthcare worker.   I also realized the importance of family doctors in resource-limited settings.

In medical school, I came to appreciate how interrelated the multiple physiological systems are and how the process of analytical thinking works when trying to solve medical diagnoses. I enjoyed working on challenging cases and using my creativity when some of the diagnoses were not classic “textbook.” One of the most rewarding experiences during my medical school years was the dedicated bedside teaching rounds offered by my attendings.

After completion of medical school, I worked as an independent physician for three years in north-east India (Assam) to fulfill my loan repayment for my medical scholarship. During this experience, I treated tropical diseases common in India such as dengue, malaria, tuberculosis, chikungunya fever, and others. I was able to enhance my academic study with actual clinical encounters.  I also had rotations in pediatrics, surgery and gynaecology.  Often, the whole family would travel long distances to be treated.  We would often have shortage of doctors in a few departments.  This is when I realized the need of becoming a well-rounded doctor who could give primary care to various kinds of patients.   I volunteered at medical camps near areas afflicted by inter-tribal feuds. Helping the refugees allowed me to appreciate the medical contribution I could offer to children, women, men and the elderly.

I subsequently attended my medical residency at one of the top three medical institutions in India.   During my training, I worked eight months annually (three year program) on internal medicine. I also spent time on rotations including Dermatology, Pulmonology, Cardiology, Hematology, Gastroenterology, and ICU. I feel comfortable managing patients with HIV infection, dengue fever, typhoid fever, tuberculosis, malaria, scrub typhus among others.

In addition, I improved on my procedures and was able to independently perform bone marrow biopsies, central line insertions, chest tubes, pleurodesis, and nerve-muscle biopsies.  I was able to put my medical knowledge to practical use and gain confidence in performing these activities with ease and level-headedness.  I have also served as a primary investigator and completed a research project looking at patients’ pancreatic response/clinical markers during multi-organ insult in intensive care unit. My study was presented at the University’s Research day event.

Furthermore, I am ECFMG certified and a permanent US resident.  I have also completed four electives in the United States – at Wright State University and at University of Louisville.  This has furthered my experiential knowledge and has expanded my field of vision.  Currently, I have been rotating at the Division of Medical Oncology and Hematology at the University of Louisville.

In conclusion, I am thrilled at a career in family medicine because it gives me an opportunity to be involved in the comprehensive healthcare of people of all ages. I am confident I will be a strong and successful resident and physician at Christ Community Health Service.