

# Yashangi Anjana Wagaarachchige

MBBS/MD Anaesthesia and Intensive care



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## CAREER OBJECTIVE

To work as a competent and confident anaesthesiologist to whom the wellbeing of the patient is the top most priority and also to become a physiologist who explore the far corners in human physiology. Look forward to cherish my passion in teaching and carrier building to shape the next generations of my country for a better future.

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## PERSONAL DATA

Date of birth : 28<sup>th</sup> April, 1986

Place of birth : Matara, Sri Lanka

Nationality : Sri Lankan

Background : Married in December 2014

Mother of two children.

Buddhist

Address. : Official : Senior registrar in Anaesthesiology,

National hospital of Sri Lanka

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## PRESENT POST

Specialty Registrar in Critical Care, University Hospital of Wales, Cardiff

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## ACADEMIC QUALIFICATIONS

- ❖ MD Anaesthesiology part II (August 2019), University of Colombo, Sri Lanka
  - ❖ MD Anaesthesiology Part 1B (August 2016), University of Colombo, Sri Lanka
  - ❖ MD Anaesthesiology Part 1A (November 2015), University of Colombo, Sri Lanka
  - ❖ Bachelor of Medicine Bachelor of Surgery – MBBS (February 2012), Faculty of Medicine, University of Ruhuna, Sri Lanka (2<sup>nd</sup> Lower grade)
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## MEMBERSHIP OF PROFESSIONAL BODIES:

- ❖ Sri Lanka Medical Council  
Reg No 30381
  - ❖ General Medical Council UK  
Ref No 7900842
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## PROFESSIONAL EXPERIENCE

Post	Period	Specialty	Workstation
Specialty Registrar in Critical Care	September 2021 – Upto now	Critical care	University hospital of Wales
Lecturer in Physiology	May 2021 – August 2021	Physiology	Faculty of Medicine, University of Ruhuna
Senior registrar	April 2021-May 2021	General surgery	Teaching Hospital Karapitiya
Senior registrar	February 2021 – April 2021	Obstetric anaesthesia and intensive care	Teaching Hospital Mahamodara
Senior registrar	January 2021 - February 2021	Onco-surgical Intensive care unit	Teaching Hospital Karapitiya
Senior registrar	December 2020 – January 2021	Medical Intensive care unit	Teaching Hospital Karapitiya
Senior registrar	November 2020 – December 2020	Emergency intensive care unit	Teaching Hospital Karapitiya
Senior registrar	October 2020-November 2020	Onco-surgical Anaesthesia	Apeksha National Cancer Institute

Senior registrar	October 2020 - 1 week	Pain Medicine – Oncological patients	Apeksha National Cancer Institute
Senior registrar	October 2020 -1 week	Pain Medicine – Acute and chronic pain	National Hospital of Sri Lanka
Senior registrar	September 2020 – October 2020	Paediatric anaesthesia	Lady Ridgeway Children’s Hospital
Senior registrar	February 2020 - September 2020	Maternity leave	
Senior registrar	November 2019 – February 2020	General Surgical anaesthesia	National Hospital of Sri Lanka
Senior registrar	October 2019 – November 2019	Paediatric ICU	Lady Ridgeway Children’s Hospital
Senior registrar	September 2019 – October 2019	Surgical ICU	National Hospital of Sri Lanka
Registrar	August 2019 – September 2019	MD exam	National Hospital of Sri Lanka
Registrar	July 2019 – August 2019	Radiology, Neurology, Respiratory	National Hospital of Sri Lanka
Registrar	June 2019 – July 2019	General Medicine	National Hospital of Sri Lanka
Registrar	May 2019 – June 2019	Cardiothoracic ICU	National Hospital of Sri Lanka
Registrar	April 2019 – May 2019	Pain medicine	National Hospital of Sri Lanka
Registrar	April 2019 – April 2019	Gastroenterology, Nephrology	National Hospital of Sri Lanka
Registrar	January 2019 – April 2019	General surgical anaesthesia	National Hospital of Sri Lanka
Registrar	December 2018 – January 2019	Paediatric cardiothoracic anaesthesia	Lady ridgeway children’s hospital
Registrar	November 2018 – December 2018	Cardiothoracic anaesthesia	Sri Jayawardenapura Hospital
Registrar	October 2018 – November 2018	Cardiothoracic anaesthesia	National Hospital of Sri Lanka
Registrar	July 2018 – October 2018	General paediatric anaesthesia	Lady ridgeway children’s hospital
Registrar	June 2018 – July 2018	Obstetrics and gynaecology anaesthesia and intensive care	Castle Street Hospital for Women
Registrar	May 2018 – June 2018	Obstetrics and gynaecology anaesthesia and intensive care	De Soysa Maternity Hospital

Registrar	April 2018 – May 2018	Cardiology	National Hospital of Sri Lanka
Registrar	January 2018 – April 2018	General surgical anaesthesia	National Hospital of Sri Lanka
Registrar	October 2017 – January 2018	Surgical and Medical Intensive care	National Hospital of Sri Lanka
Registrar	September 2017 – October 2017	Thoracic surgery anaesthesia and Ophthalmic surgery anaesthesia	National Hospital for Respiratory Disease & National Eye Hospital
Registrar	July 2017 – September 2017	Neuro-anaesthesia and Intensive care	National Hospital of Sri Lanka
Registrar	June 2017 – July 2017	Onco-surgical anaesthesia	Apeksha Hospital (National Cancer Institute)
Registrar	March 2017 – June 2017	General surgical anaesthesia and trauma care	Teaching Hospital Karapitiya
Registrar	February 2017 – March 2017	Obstetric anaesthesia and Intensive care	Teaching Hospital Mahamodara
Registrar	October 2016 – February 2017	Anaesthesiology General surgical anaesthesia	Teaching Hospital Karapitiya
Medical Officer	March 2014 – October 2016	Anaesthesiology & Intensive care Medicine	Teaching Hospital Karapitiya
Registered house officer	December 2013 – March 2014	Paediatrics	Lady Ridgeway Children's Hospital
Intern Medical Officer	June 2013– December 2013	Paediatrics	Lady Ridgeway Children's Hospital
Intern Medical Officer	December 2012–June 2013	Obstetrics and gynaecology	Castle Street Hospital for Women
Temporary Demonstrator	March 2012 – December 2012	Department of Parasitology	Faculty of Medicine University of Ruhuna

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## **TRAINING LOCATIONS:**

### National Hospital of Sri Lanka

National Hospital of Sri Lanka is the largest hospital in Sri Lanka and the final referral centre in the country consisting of 3000 beds. It provides medical and surgical care and teaching to post-graduates, medical and paramedical students and nurses. The hospital provides almost all the medical and surgical specialties and sub-specialties, which includes

- General surgery and Surgical Intensive Care
- Cardio-thoracic Surgery and Cardiothoracic Intensive Care
- Neurosurgery and Neurosurgical Intensive Care
- Otorhinolaryngology Surgery
- Maxillo-facial and Dental Surgery
- Orthopaedic surgery
- Plastic and reconstructive surgery
- Genitourinary surgery
- Vascular and Transplant surgery

The hospital has 30 surgical theatres and 10 Intensive care units. It has the capacity to perform nearly 300 surgeries each day and it houses the country's major trauma centre which caters for nearly 300 casualties each day. It is the largest health care institute in the south Asia region.

### Lady Ridgeway Hospital for Children

The Lady Ridgeway Hospital for Children is a tertiary care children's hospital in Colombo, Sri Lanka. With a bed-strength of over 900, it is now considered to be the largest children's hospital in the world. It houses 4 intensive care units and 10 operating theatres. It provide all the subspecialized care for the children. All services are free of charge in keeping with the Free State health care policy of the Sri Lankan Government. The hospital serves an average of nearly

2,500 to 3,000 patients a day, out of which approximately 250 to 300 are admitted daily for Inward care.

#### Castle Street Hospital for Women

The Castle Street Hospital for Women is the premier women's hospital in Sri Lanka providing 442 beds, 4 theatres and 2 intensive care units for neonates and adults. It provides obstetrics, gynaecology, neonatology, and subfertility care and teaching to post-graduates, medical and paramedical students and nurses. It performs more than 16000 deliveries per year.

#### De Soysa Maternity Hospital

De Soysa Maternity Hospital is the first maternity hospital in Sri Lanka and 2<sup>nd</sup> oldest maternity hospital in Asia. It provides 4 theatres and two intensive care units with obstetrics, gynaecology, neonatology, and subfertility care and teaching to post-graduates, medical and paramedical students, and nurses.

#### National Eye Hospital

National Eye Hospital is the top-level tertiary eye care hospital in Sri Lanka. This hospital now consists of an OPD, 18 wards with 485 beds, one HDU, six operation theatres with 12 operating beds.

#### National Hospital for Respiratory Disease – Welisara

National Hospital for Respiratory Disease – Welisara, is the only hospital in Sri Lanka specialised to provide medical and surgical care for respiratory disease. It has 643 beds, 2 theatres and 1 ICU.

#### Apeksha Hospital Maharagama (National Cancer Institute)

Apeksha Hospital Maharagama is the largest cancer care hospital in Sri Lanka. It has 835 beds, 5 theatres, a medical intensive care unit and a surgical intensive care unit.

### Teaching Hospital Mahamodara

Teaching Hospital Mahamodara is the only maternity teaching hospital in southern province with 400 beds, 4 theatre suites and 2 intensive care units for neonates and adults. It provides obstetrics, gynaecology, neonatology, and subfertility care.

### Teaching Hospital Karapitiya

Teaching hospital Karapitiya is the 3<sup>rd</sup> largest tertiary care hospital in the country. It has 2000 beds, 12 surgical theatre suites and 3 intensive care units. It also houses a major trauma centre in the country. It, along with THM provides almost all medical and surgical speciality and sub-speciality services and teaching to post-graduates, medical and paramedical students, and nurses of the southern province.

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## **JOB DESCRIPTION:**

Designation - Senior Registrar in Anaesthesiology special interest in Intensive care medicine

Institutions - National Hospital of Sri Lanka, Lady Ridgeway Childrens' Hospital, National Cancer Institute of Sri Lanka, Teaching Hospital Karapitiya, Teaching Hospital Mahamodara

Job description - Local post MD training of one year includes;

- Five months and two weeks of anaesthesia training with provision of anaesthetic services for General surgery, Trauma and Emergency, Obstetrics and Gynaecology, Ophthalmic, ENT, Maxillo-facial and dental, Plastic and reconstructive, Uro-genital, Gastrointestinal, Vascular and transplant, Orthopaedic, Spinal, Neurosurgery, Onco-surgery and Paediatrics.
- Six months of intensive care training in medical, surgical, paediatric, trauma, onco-surgical and obstetrics & gynaecology intensive care units
- Two weeks of acute and chronic pain management at Pain Management Unit, National Hospital of Sri Lanka and National Cancer institute

Anaesthesia duty -

- Apply sound clinical knowledge and evidence based practice with good judgmental power, prioritizing clinical needs
- Conduct of anaesthesia and clinical procedures in organized manner
- Maintenance of logbooks including anaesthetized cases and practical procedures

- Preoperative assessment, optimisation and problem identification
- Plan of intra-operative and post-operative management including monitoring and analgesia
- Provide anaesthesia for routine and emergency surgeries for ASA I, II patients independently, and ASA III, IV patients, under distant or direct supervision, including special patient groups such as obstetrics, paediatrics and elderly
- Management of anaesthetic emergencies
- Anaesthesia on call duty to cover up operating theatres of all specialities, remote place anaesthesia (Endoscopy, radiology, ECT, MRI, Interventional radiological procedures, DSA, and etc), A and E, ICUs and wards including Obstetric, Surgical (including sub-specialities), Medical (including subspecialities) and Paediatrics.
- Support colleagues and staff in decision making, difficult procedures, anaesthetic emergencies and handling complicated patients
- Effective communication with patients, relatives, multi-professional team and anaesthetic colleagues
- Support and advice anaesthetic colleagues in problem solving and decision making using analytical and scientific approach
- Teaching anaesthetic colleagues, medical students, nursing staff and junior staff
- Conduct of morbidity and mortality meetings to discuss good practice, inadequacies and recent advances in anaesthesia
- Conduct of research and audits understanding the ethical issues, basic principles of audit, clinical risk management, evidence-based practice, patient safety, and clinical quality improvement initiatives

#### ICU duty -

- Resuscitation and management of acutely ill patients, including CPR and post-resuscitation care
- Assessment of critically ill patients with history, examination and investigations
- Engagement in ward rounds, independently, with medical officers and with consultants
- Problem identification and formulation of management plan
- Monitoring, organ support and management of individual disease conditions
- Communication with consultant, colleagues and other specialities to provide optimum patient care with multi- disciplinary approach
- ICU on call duty, including management of critically ill patients in wards and other ICUs
- Out reaches for ICU bed handling
- Teaching activities to colleagues, junior doctors, nurses and medical students
- Performance and supervision of clinical procedures
- Transport of critically ill patients
- Conduct of team briefings



- Conduct of morbidity and mortality meetings
- Team work
- Conduct of research and audits understanding the ethical issues, basic principles of audit, clinical risk management, evidence-based practice, patient safety, and clinical quality improvement initiatives

#### Pain management duty-

- Acute pain management in postoperative patients, trauma patients, patients with malignancies and others
- Engagement in daily ward rounds for management of acute pain
- Provision of chronic pain management in pain clinic, with pharmacological, non-pharmacological and interventional methods
- Patient education and Psychological support
- Arrangement of social support, palliative care and psychological support
- Teaching medical staff

#### Administrative duty-

- Prioritize the casualties and allocation of junior doctors for surgical lists during on calls
- Roster preparation for junior doctors

#### Pre MD training of three years included;

- Anaesthesia training with provision of anaesthetic services for General surgery, Trauma and Emergency, Obstetrics and Gynaecology, Eye, ENT, Maxillo-facial and dental, Plastic, and reconstructive, Vascular and transplant, Orthopaedic, Neurosurgery, Oncosurgery, Ophthalmic surgery and Paediatric surgery -- full time for 12 months
- Paediatric anaesthesia – full time for 3 months
- Obstetric anaesthesia - full time 02 months
- Onco- surgical anaesthesia - full time for 1 month
- Neurosurgical anaesthesia – full time for 3 months
- Thoracic and Cardiothoracic anaesthesia including paediatrics – full time for 3 1/2 months
- Ophthalmic surgical anaesthesia – full time for 2 weeks
- Medical, surgical and trauma intensive care – full time for 4 months

- Cardiothoracic intensive care – full time for 1 month
- Obstetric intensive care - full time for 1 month
- Cardiology and cardiac intensive care – full time 01 month
- Pain medicine – full time for 2 weeks
- General Medicine - full time for 1 month
- Medical sub specialities such as radiology, respiratory medicine, neurology, nephrology, and gastroenterology – full time for 1 month

#### Anaesthesia duty -

- Preoperative assessment, optimisation, and problem identification
- Planning of intra-operative and post-operative management including monitoring and analgesia
- Providing anaesthesia for routine and emergency surgeries for ASA I, II patients independently, and ASA III, IV patients, under distant or direct supervision, including special patients' groups such as obstetrics, paediatrics and elderly
- Management of anaesthetic emergencies
- Anaesthesia on call duty in the capacity of a registrar to cover up operating theatres of all specialities, remote place anaesthesia (Endoscopy, radiology, ECT, MRI, Interventional radiological procedures, DSA, and etc), A and E, ICUs and wards including Obstetric, Surgical(including subspecialty), Medical(including subspecialty) and Paediatrics (Support colleagues and staff in decision making, difficult procedures, anaesthetic emergencies and handling complicated patients)
- Communication with patients, relatives, surgical team, and anaesthetic colleagues
- Teaching anaesthetic colleagues, medical students, nursing staff and junior staff
- Conduct of morbidity and mortality meetings to discuss good practice, inadequacies, and recent advances in anaesthesia

#### ICU duty -

- Resuscitation and management of acutely ill patient, including CPR and post-resuscitation care
- Assessment of critically ill patients with history, examination, and investigations
- Engagement in ward rounds with consultants, problem identification and formulation of management plan

- Monitoring, organ support and management of individual disease conditions
- Communication with consultant, colleagues, and other specialities to provide optimum patient care with multi- disciplinary approach
- ICU on call duty, including management of critically ill patients in wards and other ICUs
- Involving in teaching activities
- Performing procedures, assisting for procedures
- Transport of critically ill patient
- Conduct of team briefings
- Conduct of morbidity and mortality meetings
- Teamwork

#### Pain management duty-

- Acute pain management in postoperative patients, trauma patients, patients with malignancies and other patients with acute pains
- Engagement in daily ward round for management of acute pain
- Provision of chronic pain management in pain clinic, with medical, non- medical and interventional modes
- Education and Psychological support for patients
- Education of medical officers in other specialities, nurses, and supporting staff

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## PRACTICAL EXPERIENCE

Skill	Supervised	Independently
Ultrasound guided central venous catheter insertion	20	580
Epidural catheter insertion & CSE	40	250
Arterial line insertion	20	90
Ultrasound guided brachial plexus blocks (supraclavicular, interscalene, axillary blocks)	58	60

Ultrasound guided lower limb blocks (popliteal, adductor canal, femoral, infra-gluteal sciatic nerve block)	35	60
Awake fibre- optic intubation	12	10
Bronchoscopy and lavage	15	40
Percutaneous tracheostomy	5	4
PIC line insertions	5	2
Regional blocks (no ultrasound guidance) (Ankle blocks, wrist blocks, ring blocks, penile blocks)	20	160
Ultrasound guided chest and abdominal plane blocks	30	590
Biers block	5	10
TIVA	10	40
CO monitoring (flotrac, PiCCO, TOE)	25	8
HFNOT	5	100
Bed side USS and echocardiography	100	1000+

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## TEACHING EXPERIENCE

Formal and informal teaching sessions were conducted for medical students, medical officers, PG colleagues and nursing officers.

A resource person in conducting ALS and BLS programmes to medical students, nurses and medical officers.

A health education program was conducted to educate the pregnant women on epidural analgesia.

SEQ discussions were conducted to the pre-MD trainees and diploma trainees.

Number of presentations were done at journal clubs, tutorials for post graduate trainees and in morbidity and mortality meetings.

Main topics discussed were:

Importance of peri-operative temperature management

Management of difficult airway

Laser and anaesthesia

Perioperative cardiac assessment for non-cardiac surgery

Obesity and anaesthesia

Positioning during anaesthesia

Critical appraisal on Blood, plasma and platelet transfusion in trauma patients

Anaesthesia for cerebral aneurysm repair  
Subarachnoid haemorrhage and management  
Weaning from ventilator  
Lung protective ventilation  
Paediatric ENT emergencies  
Collapsed mother  
IV paracetamol and poisoning  
Acute epiglottitis and anaesthesia  
Paediatric foreign body aspiration and anaesthesia  
Post tonsillectomy bleeding  
CABG  
Preoperative assessment for cardiothoracic surgery  
Principle of cardiopulmonary bypass  
Non-invasive cardiac output monitoring  
Rhabdomyolysis  
Sepsis definitions  
Labour epidurals (For patients)  
AAA repair anaesthesia case discussion  
Endotracheal suctioning  
Chronic pancreatitis pain management  
Perioperative antihypertensives  
Acute pancreatitis  
Pain  
Cranial nerve examination and higher functions

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## **ACADEMIC EVENT PARTICIPATIONS**

- ❖ Ultrasound workshop on trauma April 2021
- ❖ Post congress workshop on mechanical ventilation January 2021
- ❖ Post congress CEPD in Obstetric Anaesthesia Analgesia & Critical Care January 2021
- ❖ Post congress workshop on Journey of human errors January 2021
- ❖ Participated in 37<sup>th</sup> Annual Academic Congress 2021, College of Anaesthesiologists and Intensivists of Sri Lanka – January 2021
- ❖ Participated in Annual Academic Congress 2020 with symposium on CRRT, Sri Lanka society of nephrology– January 2021
- ❖ Participated in 2 day ERC ALS provider course September 2020
- ❖ Participated in 36<sup>th</sup> Annual Academic Congress 2020, College of Anaesthesiologists and Intensivists of Sri Lanka – January 2020
- ❖ Participated in pre-congress workshop on Anaesthesia Crisis Resource Management January 2020
- ❖ Participated in pre-congress workshop on Mechanical ventilation – January 2020
- ❖ Professionalism workshop conducted by PGIM – March 2019

- ❖ 35<sup>th</sup> Annual academic sessions of college of anaesthesiologists Sri Lanka 2019
- ❖ Ultrasound guided nerve blocks pre congress workshop – Jan 2019
- ❖ Advanced paediatric life support 3-day workshop conducted by College of paediatricians Sri Lanka – July 2018
- ❖ Participated to “National Trauma Management Course” by International association for Trauma Surgery and Intensive care – February 2018
- ❖ Participated in 34<sup>th</sup> Annual Academic Congress 2018, College of Anaesthesiologists and Intensivists of Sri Lanka – January 2018
- ❖ Attended to one day “Advanced Airway Management’ workshop of 34<sup>th</sup> Annual Academic Congress 2018, College of Anaesthesiologists and Intensivists of Sri Lanka – January 2018
- ❖ Attended to two day “WINFOCUS Ultrasound Life Support course” of pregress workshops of 34<sup>th</sup> Annual Academic Congress 2018, College of Anaesthesiologists and Intensivists of Sri Lanka – January 2018
- ❖ Participated to “Workshop on Transport of Critically ill Patient” – October 2017
- ❖ Attended to “Adult ultrasound trauma life support course” held at world academic congress of Emergency Medicine – October 2017
- ❖ Participated in “Basic Assessment and Support in Intensive Care (BASIC) provider 2-day course – September 2017
- ❖ Participated in critical care medicine “Annual scientific sessions” – July 2017
- ❖ Haemodynamic monitoring workshop – June 2017
- ❖ One day “Symposium on Management Of Pain” in 12<sup>th</sup> SAARC AA Conference and 33<sup>rd</sup> Annual Academic Congress 2017
- ❖ One day “Airway Workshop” in 12<sup>th</sup> SAARC AA Conference and 33<sup>rd</sup> Annual Academic Congress 2017
- ❖ Participated in 12<sup>th</sup> SAARC AA Conference and 33<sup>rd</sup> Annual Academic Congress 2017
- ❖ Participated in “Advanced Life Support course” – May 2017
- ❖ Participated in “Workshop on Ventilation”- May 2017
- ❖ One day workshop on “Primary Trauma Care Management” – November 2016

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## MANAGEMENT OF CHANGE

- ❖ Corrected the malpractices in endotracheal suctioning in critical care aiming to minimize incidence of VAP  
Done a lecture to the staff and made a guideline to follow
- ❖ Emphasised the importance of temperature monitoring and management in major surgical patients on post operative outcome  
Started monitoring peripheral and core temperature and measures were taken to avoid hypothermia  
Conducted a lecture to emphasis the importance of peri-operative temperature management

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## **RESEARCH**

- ❖ A research on assessment of knowledge and practice of critical care health workers on ICU delirium  
Aim is to identify the gaps in knowledge and practice of critical care health care workers about ICU delirium  
Still did not get the ethical approval  
Hope to identify gaps and perform a health education program, followed by a local guideline

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## **ABSTRACTS**

- ❖ Mycotic aneurysm in Melioidosis – A case report in conjunction with Sri Lanka College of Microbiologists (Not yet published)

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## **EDUCATIONAL ACHIEVEMENTS GAINED DURING THE PERIOD OF SCHOOLING**

- ❖ Scholarship examination (1996) with 166 marks (out of 200)
- ❖ Ordinary level examination (2002) with nine “A”s
  - Mathematics - A
  - Science and technology - A
  - English language and literature - A
  - Sinhalese - A
  - Buddhism - A
  - Social studies and history - A
  - Dancing - A
  - Business and accounts - A
  - Developmental studies - A
- ❖ Advanced level examination (2005) with two “A”s and one “B”
  - Biology - A

- Chemistry. - B
- Physics. - A
- ❖ University entrance to faculty of Medicine university of Ruhuna , Sri Lanka (2005/2006)

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## **ACHIEVEMENTS GAINED IN CO-CURRICULAR ACTIVITIES**

- ❖ College English day competitions -recitation- 3 rd place (1995)
  - ❖ Sri Lanka Girl Guide Association – First class batch (1998)
  - ❖ Sri lanka girl guide association -up to all round code- (1999)
  - ❖ College inter house Sinhala Day senior drama Competitions- merit award (1999)
  - ❖ Ministry of Education-English day- junior drama -all island first place (2000)
  - ❖ College Sport meet – Inter House Chess Competition – Champions 2000
  - ❖ Sri Lanka Young Buddhist Association – Sunday school exam – passed with a class (2000)
  - ❖ Ministry of education - All island music and drama – Orchestra/Sinhala -2 nd place (2001)
  - ❖ Ministry of education-English day – Senior Dialogue Drama – All island second place (2001)
  - ❖ College English Day competitions – Senior Dialogue Drama - first place ( 2001)
  - ❖ Sri lanka Youth Awards – Bronze medal (2001)
  - ❖ Selected to participate ECO-panel exhibition-Nishinomiya/Japan (2002)
  - ❖ Sri Lanka Amadyapa Samithi Sammelenaya(SLASS) – Art competiton – southern province -3rd place (2002)
  - ❖ Royal Australian chemistry institute – Australian National Chemistry quiz- All island high
  - ❖ Distinction- Junior Division (2002)
  - ❖ Institute of Fundamental Studies – Selected participant for school science program (2003)
  - ❖ Royal Australian chemistry institute – Australian National Chemistry quiz- All island high
  - ❖ Distinction- Senior Division (2004)
  - ❖ Young Entrepreneurs Sri Lanka- Junior achievements international program (2003)- junior stars company marketing director- All Island runners up
  - ❖ Member of girl guides association of Southlands college, Galle 1999
  - ❖ Member of national youth awards society of Southlands college, Galle 2000
  - ❖ Member of school drama team of Southlands College, Galle. 2000
  - ❖ Member of orchestra team of Southlands College, Galle 2001
  - ❖ Member of Young Entrepreneurs Sri Lanka 2002
  - ❖ Participated to the school science program at IFS in 2003
  - ❖ Active Member of Southlands college old girls’ society 2005 up to now
  - ❖ Participated in dancing events conducted by medical faculty 2007
  - ❖ Active member of College of Anaesthesiologists, Sri Lanka, 2019 up to now
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## **COMPUTER LITERACY**

Good working knowledge in computer packages MS Word, MS Excel and MS Power point

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## **ENGLISH PROFICIENCY EXAM – OET**

Listening B

Reading B

Writing. B

Speaking B

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## **MANAGEMENT AND LEADERSHIP EXPERIENCE**

As a senior registrar, I anaesthetized plenty of ASA 3-4 patients with no, minimum or distant supervision of on-call consultant anaesthetist. I believe my input on anaesthetic setting made a big difference in outcome of the patients whom I met. I am capable to provide good quality patient care while communicating effectively with multidisciplinary team, seniors and relatives. I was able to successfully lead the stressful situations while balancing the staff and patient care. I am competent in performing all the essential procedures and supervising my junior colleagues on performing a safe procedure. During my on calls, I had the opportunity to manage theatre, ICU and resuscitation room emergencies, difficult cannulations, difficult central venous accesses, difficult endotracheal intubations(especially covid patients), and outreach wards to assess and optimise critically ill patients. I involved in arranging the duties of Medical Officers in Anaesthesiology after analysing the situation, prioritising the lists because of limited staff. I was a resource person in organising workshops on ALS and BLS programs for colleagues, other post MD trainees, nurses and medical students. I involved in organising morbidity and mortality meetings, journal clubs and tutorial sessions as a medical officer as well as a post graduate and post MD trainee. In the school, I was an outstanding student involved in many extracurricular activities and I was the marketing director in school company which was held under the young entrepreneurs of Sri Lanka and we won the runners up from national level

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## **TEAM WORKING**

I involved in anaesthesia and ICU duties as a team member to succeed on many difficult situations including, critical incidences and management of critically ill patients, giving equality as well as due respect to my team members. I supported my consultants in conducting workshops and tutorial sessions by working with the organising team. I involved in number of team work since school age as a member of school drama team, girl guide's association, youth awards, school orchestra team and young entrepreneurs company which lead the teams to the success.

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## **SUPPORTING INFORMATION**

I am an enthusiastic, assertive & well-disciplined medical practitioner with more than six years of solid experience in Anaesthesia, critical care & pain medicine. I am capable of

performing challenging procedures and was able to succeed in many procedure which my own colleagues failed. I am competent in handling stressful situations, wisely and safely. I leverage exceptional communication skills, problem solving & documentation skills along with a clear understanding of patient safety & health care quality standards. I possess excellent capability in handling multiple tasks simultaneously, prioritising them. I have a thorough knowledge on clinical procedures while maintaining safety protocols. I display dedication and determination in all endeavours for provision of quality health care service. As a doctor, I have almost 8 years of experience which helped me to gather a variety of non-technical skills, such as good interpersonal skills that would be beneficial in patient management and resolving conflicts. Furthermore, utmost attention for patient safety, kind & friendly approach, ability to take leadership and willingness to take consultants' advices & support in handling difficult cases could be highlighted as few of my other strengths. Above all, I consider myself as an empathetic person with full of humanity and a warm heart. The postgraduate training I had over last 4 years period, is well recognised by the Royal College of Anaesthetists, UK. MD (Anaesthesiology) qualification is one of the earliest qualifications recognised by GMC which is equivalent to primary FRCA. The training I received was a well-organized and a complete programme targeting at forming a competent consultant in anaesthesia and Intensive care medicine. I am capable of providing services in a wide range of specialties and for patients with complicated medical and surgical background. Before entering into the postgraduate training, I have worked as a medical officer in anesthesiology for two & half years in a major tertiary care hospital with almost all the sub-specialities. I consider it as a privilege, since I was well trained to work in all the sub specialised theatres. The special equipments available were limited and I was trained to work within low resources environment. It helped me to discover some techniques that can be employed to provide patient safety using minimal resources. Furthermore, I worked in the surgical intensive care unit, which was equipped with seven ventilator beds. The basement I laid as a medical officer in Anaesthesiology was incredibly valuable during my MD training.

I am a hardworking and flexible person who can adjust to a new environments and situations quickly. My favourite areas are critical care, pain management and paediatric anaesthesia. Furthermore, ultrasonography and echocardiography are one of my areas of special interests. I am capable of providing ultrasound guided nerve blocks effectively and carefully with minimum discomfort and without complications such as nerve injury or local anaesthesia toxicity. I have performed paediatric and neonatal cannulations and central venous cannulations under ultrasound guidance. In addition, during my school time I have obtained number of awards for my both academic and extracurricular activities, specially at All Island School Drama & Music competitions. I achieved outstanding results at General Certificate in Education (Ordinary Level) examination and at General Certificate in Education (Advanced Level) examination in the year 2002 and 2005 respectively. My future ambitions are to complete both FRCA and FFICM, and to conduct research and audit for the betterment of all patients by provision of optimum care. I believe that working in NHS Foundation Trust would empower me to achieve my goals. Moreover, I assure that I will offer my service to the best of my capability and contribute sincerely for the provision of excellent patient care upholding the excellence of the institute.

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## REFERENCES

- ❖ Dr. M.M Q.E.S. Fernando (MD, FRCA)  
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I certify that the information given above is true and CORRECT

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