

DR. VARUN KUMAR AGARWAL

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PROFILE

Devoted professional with proven experience of orthopedic practice from diagnosing to surgeries. Seeking towards a more challenging task with special focus in spine surgeries including minimally invasive spine surgeries, endoscopic spine surgeries, navigation and deformity corrections.

Professional Sketch

- ❖ Self motivated professional with years of quality and functional exposure in Surgical and Orthopedic trauma and spine management and care.
- ❖ Adept at effectively carrying out multiple tasks simultaneously and treat each one with requisite importance
- ❖ A great team player with multi dimensional approach and eagerness to learn, grow and excel
- ❖ Excellent communication skills in written and verbal both.
- ❖ Able to lead and motivate staff.
- ❖ Ability to prioritize work loads during busy periods.
- ❖ Controlling multiple projects at the same time.
- ❖ Assisted and independently done more than 5000 Orthopedic surgeries.
- ❖ Experience in diagnosing various orthopedic conditions and providing best medical help.
- ❖ Expertise in various orthopedic and trauma surgeries including:

Open spinal surgeries including laminectomy and laminotomy

Endoscopic spine surgery

Unilateral Biportal Endoscopic Spine Surgery

3D printed spine surgeries

Cervical discectomy and fusion

Anterior and Posterior Cervical Spine fixations

Posterior cervical laminectomy and laminoplasty

Keyhole Tube retractor based surgeries - MIS TLIF, OLIF, XLIF

Vertebroplasty and Kyphoplasty

Navigated Spine surgeries - O-arm and stealth station

Scoliosis and Spine deformity correction

Complex CVJ surgeries

Closed reductions and casts including spicas

Treatment of Open fracture

Application of Illizarov fixator

Interlocking nailing of fractures including proximal femoral nailing

Plate osteosynthesis

Minimally Invasive Plate Osteosynthesis

Hemiarthroplasty and Total hip arthroplasty

Nerve grafting

Tumor resection

Fellowships

From 1 Feb 2018 to 31 March 2018

AO Spine fellowship - Bombay Hospital, Mumbai

From 13 Nov 2017 to 06 Dec 2017

Clinical Fellowship in Spinal Surgery - Department of Orthopaedic Surgery and Traumatology, Cantonal Hospital, Fribourg, Switzerland

Work Experience

From 04/08/2023 to present ***Professor (orthopaedics) at Rohilkhand Medical College and Hospital***
Location: Bareilly (U.P.)

From 04/08/2020 to 04/08/2023 ***Associate Professor (orthopaedics) at Rohilkhand Medical College and Hospital***
Location: Bareilly (U.P.)

From 21/07/2016 to 04/08/2020 ***Assistant Professor (orthopaedics) at Rohilkhand Medical College and Hospital***
Location: Bareilly (U.P.)

From 01/06/2015 to 20/07/2016 ***Senior Resident (orthopaedics) at Rohilkhand Medical College and Hospital***
Location: Bareilly (U.P.)

Key responsibilities handled –

- Responsible for accident and emergency (A&E) medical treatment.
- Dealing sympathetically with sensitive circumstances.
- Keeping up to date with the latest treatments, medicines and medical developments.
- Provided care to patients on hospital wards, outpatient clinics and also doctors surgeries.
- Assisted in the operating theaters in surgical operations.
- Worked in a pressurized environment and produce best result.
- Trained the new junior doctors.
- Provided help to the team during the surgery.
- Treating fractures and dislocated joints
- Conducting tests and x-rays to distinguish which part of the body needs to be attended and to make decision to make any surgeries for patients betterment
- Prescribe medicines to patients to lessen the pain they are feeling and giving them quick treatments before the surgery.
- To keep a check on patients medical records for any further testing and diagnosis required
- Providing special care for serious patients assigned and conducting physical examinations and evaluating treatments on a regular basis
- Conducting diagnosis to patients who have undergone surgeries to ensure the treatment necessary is been conducted and to advice further on the patients condition
- Coordinating with patients regarding their conditions and explaining them how surgeries will help them improve
- Accepting patient referrals from other physicians
- Reviewing records and planning treatment options.
- Meeting with patients for specialized testing
- Examining patients with MRI's or other testing sources.
- Ensuring all supporting personnel are prepared for the surgery and are notified for the same
- Planning specialized after surgery care
- Meeting patients after surgery to monitor recovery.

From 30/03/2011 to 30/06/2011 ***Junior Resident (orthopedics) at Jai Prakash Narayan Apex Trauma Center, AIIMS***
Location: New Delhi

Jai Prakash Narayan Apex Trauma Center, AIIMS is the apex trauma and final referral center in the country.

Key Responsibilities & Achievements

1. Assisting Senior Residents and Consultants in rounds and
2. Making discharge summaries of the patients.
3. Pre-operative patient preparation
4. Post-operative patient care
 1. daily dressing of the post-operative patient,
 2. daily progress charting,
 3. taking care of symptomatic complaints.

I was also posted in the casualty department of the trauma center where my responsibility was to receive a trauma patient and classify and manage the patient on the principles of triage. Here I learnt to independently carry out many procedures like manipulation under closed reduction and application of casts of limb fractures, applying skin and skeletal traction, Vacuum Assisted Closure Device application, putting a chest tube drain, putting peripheral and central line, intubation, supra – pubic catheterization, FAST among others.

In the Operation theatre I observed and assisted in many advanced orthopedic surgeries like spinal surgeries, internal reduction and nailing/plating of fractures of limbs and pelvis etc.

From 01/09/2009 to 20/3/2011
Location: Bareilly (U.P)

Junior Resident (orthopedics) at Rohilkhand Medical College and Hospital

Education

- 2014 - 2016** **M.S. (Ortho)**
Rohilkhand Medical College and Hospital, Bareilly, U.P.
- 2012 - 2014** **D.Ortho**
Indira Gandhi Medical College and Hospital, Shimla, H.P.
- 2003 - 2009** **M.B.B.S.**
Dr. Rajendra Prasad Govt. Medical College, Kangra (at Tanda), H.P.

Was among the top 5 in the class in each of the professional examinations.
Distinction in Biochemistry.

- 2001 - 2002** **AISSEE**
Bishop Conrad Sr. Sec. School, Bareilly, U.P.

Podium and Papers Presentations

1. ASSICON 2024 – Endofusion under local anaesthesia
2. Global Spine Congress 2023 - **Assessment of accuracy of free hand pedicle screw placement by experienced surgeon vs navigated pedicle screw placement by beginner - a cadaveric study**
2. Global Spine Congress 2023 - **Percutaneous Pedicle Screw Fixation in Cervical Spine - Does Early MIS fixation has advantage over Conservative?**
3. Global Spine Congress 2023 - **Outpatient Percutaneous Endoscopic Lumbar Interbody Fusion under local anaesthesia in an awake and aware patient - study of 54 patients**
4. Spineweek 2023 - **Percutaneous Pedicle Screw Fixation in Cervical Spine - Does Early MIS fixation has advantage over Conservative?**
5. Spineweek 2023 - **Percutaneous EndoLIF under local anaesthesia in an awake and aware patient**
6. IOACON 2022 – Hindi Translation and Validation of modified MJOA score for cervical myelopathy
7. IOACON 2022 – Should planning for cervical pedicle screw be race specific
8. UPORTHOCON 2019 – Surgical Strategy in POTT'S Spine
9. UPORTHOCON 2019 – Minimally Invasive Spine Surgery using O Arm 3D Navigation – AK Gupta gold medal
10. MISSICON 2018 – Minimal Invasive Cervical Pedicle screw instrumentation - 1st Prize

11. Poster CSRSAP 2018
12. CME in orthopaedics (Mullana Medical College Amabala) - June 2017 – **Robotics in spine surgery myth or reality.**
13. ACMISST Bangkok 2017 - **Total Robotic Surgery in Spine: Future may not be far.**
14. Poster competition spinal cord injury - ASSICON - 2015 (Goa) - **3 rd prize**
15. Lecture UAIOACON 2015 - Orthopaedic Injuries in Bear Maul attacks
16. Poster APOA 2015 - Orthopaedic Injuries in Bear Maul attacks
17. Poster UPORTHOCON 2015 - Acromioclavicular dislocation closed reduction by percutaneous screw fixation - A minimally invasive novel approach
18. Orthopaedic Injuries in Bear Maul attacks at HIMORTHOCON 2012

Publications

1. A new diagnostic and therapeutic method for the conservative management of sciatica: A randomized placebo-controlled trial. J Uttaranchal Orthop Assoc 2022;1:21-5.
2. Percutaneous pedicle screw fixation in caries spine - Does early MIS fixation has advantage over conservative? J Spinal Surg 2022;9:159-66.
3. A prospective study on clinico-radiological & pathological correlation in musculoskeletal tuberculosis. Stem Cell Res Int, 6(2),132-139. (<https://www.opastpublishers.com/open-access-articles/a-prospective-study-on-clinico-radiological--pathological-correlation-in-musculoskeletal-tuberculosis.pdf>)
4. A clinical study on role of short course teriparatide injection in management of delayed union of fractures - International Journal of Health and Clinical Research, 2021;4(7):173-178
5. Platelet Rich Plasma Therapy in the Osteoarthritis of the Knee: A Novel protocol to enhance efficacy | Journal of Bone and Joint Diseases | January-April 2021; 36(1): 01-06. (<http://bjdonline.com/2021/01/10/platelet-rich-plasma-therapy-in-the-osteoarthritis-of-the-knee-a-novel-protocol-to-enhance-efficacy>)
6. A Clinical Study of Surgical Management of Clavicle Fracture with Titanium Elastic Nail | Journal of Bone and Joint Diseases | January-April 2021; 36(1): 18-22. (<http://bjdonline.com/2021/01/10/a-clinical-study-of-surgical-management-of-clavicle-fracture-with-titanium-elastic-nail>)
7. Is Long-Segment Fixation a Rule in Fractures Associated With Ankylosing Spondylitis? - International Journal of Spine Surgery, Vol. 13, No. 2, 2019, pp. 215-220 (<https://doi.org/https://doi.org/10.14444/6029>)
8. Rotational Shift of Proximal Carpal Row and it's Correlation with Global Wrist Joint Laxity. -IJCMR - Volume 7 | Issue 3 | March 2020 | ICV: 98.46 | ISSN (Online): 2393-915X; (Print): 2454-7379 (<http://dx.doi.org/10.21276/ijcmr.2020.7.3.43>)
9. Correlation between Global Wrist Laxity and Movement of the Scaphoid and the Lunate in Various Places During Radio Ulnar Deviation of the Wrist -IJCMR - ISSN (Online): 2393-915X; (Print): 2454-7379 | ICV: 98.46 | Volume 7 | Issue 7 | July 2020 (<http://dx.doi.org/10.21276/ijcmr.2020.7.7.4>)
10. An Assessment of the effect of Platelet Rich Plasma in the Osteoarthritis of the Knee - Stem Cell Research International - Vol 3 Issue 2 (ISSN: 2639-6866)
11. A study of surgical management of fracture Neck of Femur in elderly with Bipolar Hemiarthroplasty - **International Journal of Contemporary Medical Research - Vol 3 Issue 6 June 2016 (ISSN (Online): 2393-915X)**

Conferences and Workshops organised

1. Mega Orthopaedic Surgical Camp 2023
2. Annual Orthopaedic Conference Rohilkhand Medical College Bareilly 2023
3. ENDOCADCON 2023
4. UPOA arthroplasty course 2022
5. Medtronic Webinar on Kyphoplasty and Navigation in spine surgery 2020
6. NAVESCON 2019
7. UPORTHOCON 2019
8. Co-organising Secretary Bareilly Cadaveric Shoulder Course 2017
9. Successfully Organised the UP - Post Graduate Instructional Course Lecture 2015 in orthopedics at Rohilkhand Medical College, Bareilly.

Reviewer

1. Working as reviewer for Injury since 2016
2. Working as reviewer for Global Spine Journal since 2018
3. Working as reviewer for Journal of Orthopaedics, Traumatology and Rehabilitation since 2023
4. Working as reviewer and co-ordinator for Journal of Bone and Joint disease since 2022

Thesis Guide

Fellowship Director

1. MISSAB 2022
2. Rohilkhand Spine fellowship - 6 months, 12 months and 24 months

Faculty

1. ASSICON 2024 Mumbai
2. MISSABCON 2023 Bangalore
3. World Endoscopy Spine federation conference 2023 Mumbai
4. Endospine 23 Dehradun – 10th Cadaveric & Live Workshop - IndoKorean
5. 2nd AIIMS International Deformity Course
6. ENDOCADCON 2023
7. 8th Emirates International Neuro Surgical Confence
8. MISSABCON 2022 Pune – Navigation Cadaver workshop
9. MISSABCON 2022 Pune
10. Endospine 2022 Dehradun
11. 3rd World Congress on MIS & Endoscopic Spine Surgery
12. ASSICON 2022 Patna – Cadaver workshop
13. ASSICON 2022 Patna
14. 2nd Kolkata spine deformity conference – April 2022
15. UAOACON – April 2022
16. AIIMS deformity – April 2022
17. UBE
18. MISSAB summer
19. 39th MPIOACON - 2021
20. SGPGIMS Comprehensive Spine Course - 2021
21. ASSICON 2021
22. Spine Conclave – Aug 2019
23. NAVESCON 2019
24. Spine Symposium Kanpur – June 2019
25. UPORTHOCON 2019
26. ASAMICON 2019
27. Lucknow Spine CME update
28. Faculty for MIS spine and cadaver workshop - CME in orthopaedics (Mullana Medical College Amabala) - June 2017

Conferences and Workshops attended

1. ASSICON 2024 Mumbai
2. MISSABCON 2023 Bangalore

3. World Endoscopy Spine federation conference 2023 Mumbai
3. Global spine congress 2023 Prague
4. Spineweek 2023 Melbourne
5. Endospine 23 Dehradun – 10th Cadaveric & Live Workshop - IndoKorean
6. 2nd AIIMS International Deformity Course
7. ENDOCADCON 2023
8. 8th Emirates International Neuro Surgical Conference
9. MISSABCON 2022 Pune
10. IOACON 2022
11. Endospine 2022 Dehradun
12. 3rd World Congress on MIS & Endoscopic Spine Surgery
13. UPOA arthroplasty Course 2022
14. ASSICON 2022 Patna – Cadaver workshop
15. ASSICON 2022 Patna
16. 2nd Kolkata spine deformity conference – April 2022
17. UAOACON
18. AIIMS deformity
19. UBE
20. MISSAB summer
21. 39th MPIOACON - 2021
22. PAINCON – Nov 2019
23. AOSpine Advance Course – Scoliosis – Sept 2019
24. Scoliosis Week Alumni Meet – Sept 2019
25. Spine Conclave – Aug 2019
26. NAVESCON - July 2019
27. USGRACON – June 2019
28. Spine Symposium Kanpur – June 2019
29. The Global Spine Congress Toronto – May 2019
30. Oxford Knee Instructional Course – April 2019
31. 360 Interactive Cadaveric and live surgery course on Transforaminal Endoscopic Spine Surgery –
March 2019
32. UPORTHOCON – Feb 2019
33. ASAMICON – Jan 2019
34. MISSICON – Oct 2018
35. MIS OLIF specimen course 2018 - bangalore
36. Lucknow Spine CME update 2018
37. AO Spine Specimen course 2018 - Chiang Mai – August 2018
38. Instructional Course in Spine 2018 – August 2018
39. Bombay Operative Spine Course – July 2018
40. Antimicrobial Stewardship – April 2018
41. MEDWORK – April 2018

42. 9th Annual Meeting of Cervical Spine Research Society Asia Pacific Section - March 2018 - Delhi
43. Posterior Cervical Spine Solutions Course - Jan 2018
44. AO Spine Davos Course 2017 – Spinal Deformity Course
45. AO Spine Davos Course 2017 – MISS Basic
46. AO Spine Davos Course 2017 – MISS Advanced
47. AO Spine Davos Course 2017 – MISS Vertebroplasty
48. Instructional Course in Spine 2017 – August 2017
49. Cadaveric hands on course in Pain Management – CTRF AIIMS – July 2017
50. CME in orthopaedics (Mullana Medical College Amabala) - June 2017
51. ACMISST 2017 Bangkok
52. VPS Lakeshore Spine CME 2017
53. AO Spine Scoliosis week 2017
54. GANGA-SRS Operative Spine Course 2017
55. CIO Advanced Spine Course 2017
56. MISSICON 2017
57. NAVCAD spine course 2017
58. Bareilly Cadaveric Shoulder Course 2017
59. ASSICON 2017
60. Conference on Complex spinal disorders 2017
61. MISSICON 2016
62. Cadaveric workshop on Minimally Invasive Spine Surgery Techniques – MISSICON October 2016
63. Bombay Orthopaedic Society Basic Spine Course – September 2016
64. Cadaveric hands on dissection course in spine Open – CTRF AIIMS – August 2016
65. AO Spine Advanced Operative Course in Degenerative Spine – August 2016
66. ASSI Live Spine Surgery Course – July 2016
67. AO Spine Principles course – July 2016
68. Surgeon 2 Surgeon visiting programme on Primary Knee and Hip Replacement Course – July 2016
69. Operative Nailing course 2016 - Mumbai
70. Operative Spine Forum 2016 – East West Medical Research Charitable Trust (at Nanavati)
71. Advanced Cadaveric Workshop in spine Surgery 2016 – Medical University of Innsbruck (Austria)
72. 1st Cadaveric Knee Arthroplasty Course – Mayo College Lucknow
73. AO Spine advanced cadaveric course in degenerative spine 2016
74. Workshop UPORTHOCON 2016 - TKR
75. UPORTHOCON 2016
76. Cadaveric Workshop MIS Spine - Bangalore
77. Cadaveric Workshop ASSICON
78. ASSICON 2016
79. Cadaveric spine Workshop – CTRF AIIMS
80. Cadaveric spine Workshop MISSICON

81. MISSICON 2015
82. TMU 1st Cadaveric knee arthroplasty course 2015
83. UAIOACON 2015 as **speaker**
84. APOA 2015
85. Cadaveric Basic Knee arthroscopy – UPORTHOCON 2015
86. UPORTHOCON 2015
87. Ganga Ram Spine Course 2015
88. ASSICON 2015
89. 8th International ASAMI Conference 2014
90. AIIMS Arthroplasty Update – 2014
91. NZIOA midterm CME 2012
92. HIMORTHOCON 2012

Society Memberships

1. IMA - Life Member - UP/12255/14/450/199668/2014-15/L
2. UPOA - Life Member - 1591
3. DOA
4. ASSI - 2729
5. IOA - Life member - LM10490
6. AO spine - 757417
7. MISSAB - MISSI00143
8. NASS
9. BOA
10. APOA - AM1181
11. SICOT
12. APSS
13. SMISS

AO Spine Associations

1. AOSpine FEP (Faculty Education Program) 2022
2. AOSpine Online Diploma Faculty 2021
3. Delegate 1 Jan 2018 to 31 Dec 2020

Achievements

1. First centre in UP to start 3D printing in spine
2. First Spine Fellowship Program started in UP state with special focus on Minimally Invasive and Navigation Spine techniques
3. Established first MIS centre with O-Arm navigation in Uttar Pradesh
4. **Established first fully equipped cadaveric training lab** in Uttar Pradesh at Rohilkhand Medical College, Bareilly (UP).
5. 3rd Prize in Poster competition at ASSICON 2015 goa - featured on ASSI website.
6. Co – Authored ***PrePGMedicos Solved Paper Series – AIIMS May 2010***, published by Paras Medical Books Pvt. Ltd., Hyderabad.

Extra Curricular Activities

1. Co – Ordinator in college student council

Successful organized the inter college annual festival and competition.

2. Certificate of excellence in debate in college and school
3. Plays Tennis, Golf, Guitar

Personal Details

Father's Name : Dr. Keshav Kumar Agarwal

Date of Birth : 22 January, 1984

Permanent Address : A-6 Rampur Garden, Near LIC Office, Bareilly (U.P.) - 243001

Strengths : Positive Attitude, Ability to think out of the box, Ability to multi task, Strong inter personal skills

Interests : Golf, Tennis, stamp collecting, Billiards, Literature, Computers and Electronics, website designing, Photography.

Current Location : Bareilly (U.P.)