

*Dr Vrushali C Ponde*

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*A focused, committed and innovative Anesthesiologist, with special interest in pediatric and neonatal anesthesia, ultrasound guided regional in adults as well as children and chronic pain management in children.*

*She has pioneered ultrasound guided regional anesthesia and has published two editions of a book on this science.*

*She has been instrumental in establishing the Academy of Regional Anaesthesia on 16 April 2011 to focus on education and research on Regional Anaesthesia.*

*She has started the first training school for ultrasound guided regional anesthesia.*

*She is one of the founder directors of Children Anaesthesia Services Mumbai.*

*She is gifted with communicational and organizational skills.*

**Program Leader:** *WFSA Pediatric Regional Anesthesia Fellowship*

*Educational Qualifications*

| Medical School/University Attended                              | Qualifications Obtained                          | Date                  |
|---|--|-----------------------|
| Seth G.S. Medical College & K.E.M.Hospital University of Bombay | Bachelor of Medicine; Bachelor of Surgery (MBBS) | March 1990            |
| Grant Medical College J.J. Group of Hospitals                   | Diploma in Anaesthesiology                       | July 1993             |
| INHS Ashwini  | MD Anaesthesiology                               | Jan 1998              |
| University of Bombay  |  |                       |
| Children's hospital and clinics of Minnesota                    | Certified course in chronic pain in children     | May 7 to May 18, 2010 |

Teaching Experience

| Institution   | Post held                    | Period                      |
|---|------------------------------|-----------------------------|
| Lokmanya Tilak medical college ,and hospital , Anaesthesai Department | Senior Registrar             | 16 -8 -1993 to 1- 10 - 1993 |
| J J Hospital ,anaesthesia department                                  | Senior Registrar             | 1 -10 -1993 to 8- 7 - 1994  |
| J J Hospital , Anaesthesia department                                 | Assistant Lecturer           | 8-7-1994 to 15 -2- 1995     |
| Tata Memorial Hospital  | Senior Registrar             | 23-2-1998 to 1-3-1999       |
| B J Wadia hospital for children                                       | Full time anaesthesiologists | 1-11 1999 to 28-9- 2000.    |

|                       |                             |                   |
|-----------------------|-----------------------------|-------------------|
| Jagjivan ram Hospital | Honorary Anaesthesiologists | from 2013 to 2016 |
|-----------------------|-----------------------------|-------------------|

*Present Attachments:*

| Hospitals  | Post held   |
|--|---|
| Holy family hospital and medical research centre | Consultant Pediatric Anaesthesiologist  |
| Surya children hospital                          | Consultant Pediatric Anaesthesiologist  |
| Holy Spirit Hospital                             | Consultant Anaesthesiologist:<br>Regional anesthesiology and pediatric anesthesiology |
| Breech Candy Hospital                            | Consultant Anaesthesiologist.   |
|  |   |

|                              |  |
|------------------------------|--|
| Hinduja health care surgical | Consultant pediatric anaesthesiologist |
| Sushrusha hospital           | Consultant pediatric anaesthesiologist |

### Employment History

| Hospitals  | Grade and Specialty                       | Duration               |
|--|---|------------------------|
| Seven hills hospital   | Consultant,<br>Anaesthesiologist          | 17 june 2010 –Jan 2011 |
| B.J.W.H  | Consultant Pediatric<br>Anaesthesiologist | Dec 2005 to June 2010  |
| All India Institute<br>of physical medicine<br>and rehabilitation. | Consultant<br>Anaesthesiologist           | Dec 2005 to April 2009 |

*Clinical competence:*

My area of competence is:

- Pediatric and neonatal anesthesia is my forte and has been practicing it for last 17 years.
- Can apply ultrasound techniques to secure neck lines in neonates, infants and children avoid damage to surrounding structures and multiple punctures.
- Efficient in Ultrasound guided regional Anesthesiologist. This has helped many patients with compromised physiology go through various operations with extended pain relief.
- Can provide acute pain services through these blocks and maintain continuous perineural catheters for pain relief in pre, intra and post operative pain management in neonates, infants, children and adults.
- Can perform USG blocks at the bed side, treating pain caused during and before shifting the patients in the OR and even otherwise.

- Chronic pain in children, this specialty is again in its infancy.

*Honours and awards:*

(1) International Hippocrates award for medical achievements: cambridge: England.2010.

(2) Best article of the year 2009, from 42 journals. : Ultrasound guided sciatic nerve block in infants and toddlers produces successful anesthesia regardless of the motor response. Paediatr Anaesth. 2010 Jul;20(7):633-7.

(3) Inclusion in *Who's Who in Medicine and Healthcare* for the year 2008-2009, published by *Marquis Who's Who*, NJ, USA.

(4) Gold medal awarded for estimation of parvertebral formula by echoguidance for INDIAN children : WAD 2009, oct 12.

(5) Workshop on airway management in pediatric patients 2007  
Prize on Free paper presentation : Role of regional anesthesia in a child with Pierre robin syndrome

*Research and Publications experience:*

***Published a book titled:***

“An illustrative manual of ultrasound guided regional anesthesia: children and adults. 2009, Published through Bhalani publication.

Second edition published on August 10, 2013.

Chapter : Ultrasound - Guidance For Regional Anesthesia: Why do I need it?: aNaesthesia Update. 2016

***INTERNATIONAL PUBLICATIONS:***

1 Vrushali Ponde et al, CASE REPORT : Continuous axillary block for upper limb surgery in a patient with epidermolysis bullosa simplex, Pediatric Anesthesia 2001 Vol. 11:55 603-606

2 Vrushali Ponde, Surgical Mask as a Harness, Pediatric Anesthesia 2006.

3 Vrushali Ponde: Infravicular coracoid approach brachial plexus block for radial club hand repair in the age group of 8 months to 2 years Paediatr Anaesth. 2007 Sep ;17 (9):863-6

4 Vrushali C. Ponde :Continuous Infraclavicular Brachial Plexus Block: A Modified Technique to Better Secure Catheter Position in Infants and Children Vrushali C. Ponde :Anesth Analg 2008;106 94-96



5 Vrushali C. Ponde et al : Does ultrasound guidance improve success rate of infraclavicular brachial plexus block as compared to nerve stimulation in children with radial club hands? *Anesthesia analgesia* in press. *Anesth Analg* 2009; 108:1967-1970

6 Corrigendum: Determining the accuracy of caudal needle placement in children: a comparison of the swoosh test and ultrasonography *Pediatric Anesthesia* 2008 18: 1147

7 Vrushali Ponde et al: Ultrasound guided sciatic nerve block in infants and toddlers produces successful anesthesia regardless of the motor response. *Paediatr Anaesth.* 2010 Jul;20(7):633-7.

8 Vrushali pond et al Feasibility and efficacy of placement of continuous sciatic perineural catheters Solely under ultrasound guidance in children: A descriptive study. *Paediatr Anaesth.* 2011 Apr; 21(4):406-10

9 Vrusuahli POnde Comparison of success rate of ultrasound guided sciatic nerve block with neurostimulation in children with arthrogyposis multifacta congenital. *Paediatr Anaesth.* 2012 Sep 25

10 Vrushali ponde, Diapl Shah : Role of ultrasound guided continuous brachial plexus block in management of neonatal ischemia in upper limb. *Journal of Saudi Arabia*, 2012: 6: 4: 423-425

11: Vrushali ponde et al Confirmation of local anesthetic distribution by radio-opaque contrast spread after ultrasound guided infraclvicular catheters placed along the posterior cord in children: a prospective analysis: *Paediatr Anaesth* 2015:25:3; 253-257

12 Are we more site specific with real time ultrasound guidance as compared to external measurements for continuous epidural catheter placements in neonates and infants? Pediatric anesthesia : In review

*NATIONAL PUBLICATION:*

(1) Vrushali C Ponde et al , *Congenital sideroblastic Anaemia: J Anaesth clin Pharmacol 2006 :22(2):210-211*

(2) Vrushali C Ponde et al Efficacy of Sciatic & Fascia iliaca compartment block for lower limb surgeries in pediatric patients. *J Anaesth clin Pharmacol 2007 23 (2-183- 187*

(3) Vrushali C Ponde et al , Ultrasound guided sciatic and femoral nerve block in a child with Arthrogryposis Multiplex Congenita: *J Anaesth clin Pharmacol 2007 23 (4): 411-412*

(4) Vrushali Ponde et al: Role of regional anaesthesia in major limb surgeries in children with cerebral palsy. *Indian journal of anaesthesia 2007,51 (3) :220-224.*

5 Vrushali C Ponde, S. Salyankar Anaesthetic Management of Cornelia De lange Syndrome - A Case Report *J Anaesth Clin Pharmacol 2008; 24(2): 241-242*

6 Vrushali Ponde et al : Estimation of formula for paravertebral blocks in indian children. *Indian J Anaesth. 2012 Jul;56(4):382-6.*

7 Vrushali Ponde: Recent advances on pediatric central neuraxial blocks. [Indian J Anaesth.](#) 2012 Sep;56(5):470-8

**Reviewer for following journals :**

Pediatric anaesthesia international journal.

Journal MINERVA ANESTESIOLOGICA

Reviewed following papers

Supplementary low- dose oral ketamine: Does it provide better parental separation and face mask acceptance?

Long lasting choreiform dyskinesia after spinal anesthesia and ondansetron. - A case report and review of the literature-

Preoperative distraction in children : hand-held videogames vs clown therapy

Reviewed papers for

Journal of Pediatric orthopedic B  
Sciatic lateral popliteal block with Clonidine plus 0.2% Ropivacaine or Clonidine Alone: Effect on the Intra- and Postoperative Analgesia for Lower Extremity Surgery in Children

Journal for clinical anesthesia

Title: A randomized comparison of stimulating axillary and infraclavicular perineural catheters For postoperative analgesia

## ORGANISATIONAL ACTIVITIES FOR TEACHING AND RESEARCH

Established “Academy of regional anesthesia” of India, which is recognized by Maharashtra medical council, work as managing trustee and founder secretary of the academy, and organized First national AORA conference in april 16 and 17 2010 Mumbai.

Launched its website [www.aoraindia.com](http://www.aoraindia.com)

Founder directors: Children Anaesthesia Services Of Mumbai.

Simulation based ultrasound guided regional anesthesia teaching school in D Y Patil university. Bi -monthly course.

*Live workshop organized as course director for ultrasound guided regional anesthesia*

*Organized the first ever National conference on regional anesthesia in India, april 2011.*

*Course director and organizer of ((RAW 2007) regional anesthesia workshop 26 may 2007 held at all india institute of physical medicine and rehabilitation centre.*

This workshop was focused on regional anesthesia and in particular, use of ultrasound in regional anesthesia.

*Course director and organizer :*

USG AND A 2008 hands on workshop : Course director 31 March and 1<sup>st</sup> June 2008

*Course director and organizer:*

RAW: Regional anesthesia advanced workshop, 3 and 4 of April.

*Workshop coordinator :*

for ISACON workshop 2011,25 dec

Live workshop coordinator for World Anaesthesia day 2013 oct in collaboration with J J Hospital.

Started USGRA Bimonthly simulation based training course .This is an AORA event in association with Holy Family hospital , Mumbai from 10 JAN 2013 onwards.

***Higher education experience (As faculty and guest lecturer) International meetings***

Faculty: Asian society of Asian society of pediatric Anaesthesia. June 7 to 9 June 2015, Penang .PPLS course .

workshop on pediatric regional anaesthesia, application of ultrasound in pediatric anaesthesia and pediatric pain management symposium.

Faculty: Asian society of Asian society of pediatric Anaesthesia. 4 to 6 may 2014 Istambul.. workshop on pediatric regional anaesthesia,.

Faculty: Asian society of Asian society of pediatric Anaesthesia.19,20,21 2013,Jakarta. workshop on pediatric regional anaesthesia, application of ultrasound in pediatric anaesthesia and pediatric pain management symposium.

Faculty: International Assembly of Pediatric Anaesthesia Oct 10 ,11, 12  
2012 Washington Dc

Live demonstrations in national hospital Colombo, Srilanka for USGRA,17  
TO 19 August 2011

Faculty for NYSORA (New York society of regional anesthesia) feb 26. 27  
2010 India.

Faculty for ASAIN SOCIETY FOR PEDIATRIC ANESTHESIOLOGIST  
meeting,Manilla, feb 2010.

Faculty pediatric summit ,Oct 15,16 china, Nanning

***National faculty and guest lectures.***

Sancheti hospital regional anesthesia symposium. August 2015 8 and 9 .

Faculty for ganga hospital refresher course. June 27 , 28 2015.

Organizer and faculty for CME on pediatric sedation and induction  
techniques. June 7 2014

Faculty in National conference of Academy of regional anesthesia ,  
India.Pune Navle Hospital on 7, 8 and 9 june.

CME on regional anaesthesia Amdabad ,2013 21 April ,Sterling hospital

Live workshop USGRA: Mangalore 2013 march 8,9.Keshema medical  
college.

Faculty: USGRA ADVANCED course, hyderabad care hospital Oc 25,26,27.  
2012

Faculty: Academy of regional anaesthesia .Coimbatore April 22, 23 2012 ,  
India

Faculty: Ultrasound guided regional workshop Railway Hospital, Annala Conference . Calcutta 25 ,24 August 2012.

Live workshop west zone pain conference park clinic kokalta 4 dec 2011

Gisacon Live workshop regional anaesthesia 24 oct 2011

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3 Pune hospital workshop and CME pune hospital.21 August 2011

5 Faculty for National conference ISSP, chandigarh, feb 2010

Faculty workshop : Nagpur 2010 22 august.

Faculty : for CME and workshop on regional anesthesia 22 August 2010 at NKP Slave institute in nagpure.

Faculty : for CME and workshop on regional anesthesia 29 and 30 may Ludiana

Workshop on regional anesthesia 28 Feb 2010 Indore,

Demonstration on ultrasound guided regional anesthesia in WOCHRAD hospital , 12 march 2010

Lecture on peripheral nerve blocks in children and spinal anesthesia: Myths and phobias. MISACON

Live workshop in Akola civil hospital for regional anesthesia. WISACON

Lecture on ultrasound guidance for peripheral nerve blocks in chronic pain management course by Ashirvad pain clinic 12 nov 2010.

Faculty international pediatric anesthesia course ,madras medical mission2009 chennai India

Faculty for USG guided workshop live demonstrations : surat 12 April 2009

Faculty in advanced ultrasound regional anesthesia course Hyderabad, 5 and 6 march 2009

Faculty for USG guided workshop and live demonstrations national conference Jodhpur , ISACON 2008, Dec 25.

Faculty for USG guided workshop and regional symposium 14 MICSACON Akola, 2008 sep 28.

Faculty for CME and emerging trends in anesthesia Command Hospital Luknow2008 August 31 2008.

Faculty for Pediatric regional and USG workshop: Gangaram hospital Dehli 2008.

Faculty for USG guided workshop live demonstrations DY Patil navi Mumbai 10 August 2008

Faculty for ISSP, MIRAJ 2008: Pain management in pediatric day care surgery And continuous plexus blocks in children.

ISA gujrat conference: lecture on USG OR PNS ? in children.2008

Faculty for difficult airway workshop held in ISA conference Vizac Dec 25<sup>th</sup> 2007

Faculty for USG guided workshop live demonstrations DY Patil navi Mumbai 10 August 2008

Faculty for USG guided workshop live demonstrations Jodhpur 24 dec 2008.



4 th Pediatric anesthesia update course in Chennai, 24 feb 2008.

Pediatric regional anesthesia MISACON 2007

#### Paper and poster presentations

- Participation in the Workshop on “Newer Techniques in Spinal – Epidural Anaesthesia – GMC Society of Anesthesiologist.1996
  - Conference held in Hyderabad in December 1997.
  - Global Update on Pain and XVth National Conference of Indian Society for Study of Pain.
    1. Bombay Hospital Institute of Medical Sciences, Mumbai, India February 2000.
    2. Bombay Hospital Institute of Medical Sciences, Mumbai, India February 2003.
  - Sciatic Nerve Block – A description of a continuous technique for postoperative analgesia in pediatric patients.
  - Workshop on Airway management in pediatric patients 2007
- Free paper: Role of regional anesthesia in a child with Pierre robin syndrome.:
- Poster presented --- How much more GA is needed without nerve block in pediatric patients for surgeries on lower extremity ?
  - Role of regional Anesthesia in rehabilitation surgeries:Conference organized by AIIPMR : 2006

***Papers and posters presented in international conferances:***

*International meetings:*

- IAPA international Association of Pediatric Anaesthesiologist: 2012: Are we more site specific with ultrasound guidance as compared to external measurements in neonatal continuous epidural blocks.
- WCA 2008: Cape town.: Presented poster on postoperative pediatric pain assessment.
- ASPA 2009 Vietnam: Lower extremity blocks in children with arthrogryposis congenital multiplex: An interesting challenge
- PAN ASIAN NYSORA meeting held in singapore:Feb 2007: poster presentations
- ASPA –Vellore: How much more GA is needed without nerve block in pediatric patients for surgeries on lower extremity ?
- Oral presentation on infraclvicular block ASPAsingapore meeting 2004

*Teaching experience*

## Career goals:

To set up centers for teaching and training in regional anesthesia with various modalities

To start fellowships for regional anesthesia as we do not have a dedicated fellowship for this subspecialty through Academy of Regional Anaesthesia of India .

To establish awareness, incidence of pediatric chronic pain and work to install a centre for pediatric chronic pain management.

Continue research and progress in publishing subsequent editions of the book published.

## **PROFESSIONAL MEMBERSHIPS**

Founder trustee of AORA and secretary.

Member of Society of Pediatric Anaesthesia

Asian society of Pediatric Anesthesiology, Ex Hon Secretary, committee member.

Indian society of Anaesthesia. Life membership

Indian Society of pediatric regional anesthesia life member..

**Extracurricular activities:**

Sitar Player: performed in  
Bandra festival held in 2006, Amphi Theater.

Karnatak sangh : 2007

Holy family hospital auditorium 2008.

Cultural evening of music “

**S**hiva Sangeetanjali, 8 april 2008.

21 feb ,Halim academy of sitar annual programme,  
“Sufianna”

