**CURRICULUM VITAE**

**SANDEEP SEKHON, MBBS, MD**

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**Profile summary**

**EDUCATIONAL QUALIFICATIONS**

1. Bachelor of Medicine, Bachelor of Surgery, Maulana Azad Medical College, University of Delhi

2. Post-graduation in Psychiatry, Maulana Azad Medical College, University of Delhi (Delhi Medical Council Registration No: 8580)

3. Educational Commission for Foreign Medical Graduate (ECFMG) Certified. (Certificate No. 1-018-776-3)

**MEMBERSHIP AND HONORARY/PROFESSIONAL SOCIETIES**

1. American Psychiatric Association APA ID: 299656

2. Delhi Medical Council Registration No. 8580

3. American Neurological Association ANA ID: 1211668

**VOLUNTEER EXPERIENCE**

1. **Sai Sahara Old Age Home, New Delhi, India, 08/2020 – 01/2021**

**Psychiatrist**

I visited Sai Sahara old age home in order to provide free psychiatric assessment for the inhabitants. During my 6 hours visit to the center, I interacted with the elderly and counselled them regarding how to stay positive in these difficult times. A few patients were found to be suffering from anxiety disorder and depression. I started those patients on low dose medications and following up with them through telepsychiatry.

1. **Punjab Kesari News Channel, Delhi, India, 05/2020 – 05/2020**

**Psychiatrist**

I delivered a live educational talk about Depression during the COVID-19 crisis. During the half an hour session I explained depression types, treatment modalities and preventive measures for timely detection and management of depression. I also addressed live questions from the audience during the session.

1. **Coronavirus Crisis: Here to Help, New Delhi, India, 03/2020 - Present**

**Psychiatrist**

I am offering free psychiatric consultation round the clock through a webpage on social media in the form of telepsychiatry to people suffering from anxiety, depression, schizophrenia, Obsessive compulsive disorders, post traumatic stress disorder, sleep disorders, etc. with special emphasis on the elderly population who are affected the most during the crisis situation.

1. **Preventive & Social Medicine Department, MAMC, New Delhi, India- 03/2011 - 05/2011**

**Doctor**

Visited economically backward areas and slums and imparted health education and performed regular check-ups.

1. **Intensive Pulse Polio Immunisation program, New Delhi, India- 08/2006 - 03/2012**

**Medical Student**

The program runs under the aegis of The Government of India, is directed towards the eradication of polio through the organization of national immunization days. As a member of a team consisting of doctors, nurses and health workers I would administer polio vaccination at out-reach booths. I also accompanied mobile teams responsible for immunisation coverage in inaccessible areas as part of the 'search and vaccinate' component of the program.

**WORK EXPERIENCE**

1. **Medindia Tele-psychiatry: 03/01/2020 – Present**

**Psychiatrist**

As a psychiatrist working at Medindia teleconsultation organization, I see patients online living in the Indian subcontinent. I treat patients suffering from anxiety disorders, depressive disorders, bipolar and related disorders, schizophrenia spectrum and other psychotic disorders, obsessive-compulsive and related disorders, dissociative, somatic symptom and related disorders, feeding and eating disorders, sleep-wake cycle disorders, substance-related and addictive disorders, personality disorders, neurocognitive disorders, etc

1. **Einstein Medical Center, Philadelphia, PA, United States of America, 10/2020 – 12/2020**

**Observer**

As part of tele-rotations, I attended virtual grand rounds on a regular basis organized by the department of Psychiatry, Einstein Medical Center. I also worked on a case report titled 'A case report of Autism spectrum disorder initially misdiagnosed as schizophrenia' which was presented as a poster at the Annual meeting of the American Psychiatric Association 2021.

1. **University of Miami, Miller School of medicine — Tele-rotation: 06/24/2020**

**Observer**

I attended the grand rounds titled ‘Forensic Psychiatry’ at the University of Miami, Miller School of Medicine as part of tele-rotation at the Department of Psychiatry, Jackson Memorial Hospital/Jackson Health System Program.

1. **University of Miami Health System, Miami, Florida, United States of America, 06/2020 – 12/2020**

**Observer, Dr. Radu V Saveanu**

As part of tele-rotations, I attended virtual grand rounds on a regular basis, organized by the department of Psychiatry, Miller School of Medicine at the University of Miami Health System

1. **Samana De-addiction and Psychiatric Center: 22/06/2020 – 31/12/2020**

**Psychiatrist**

My clinical work as a psychiatrist included detailed evaluation, including history, physical examination, detailed mental status examination (MSE), ordering lab investigations and formulating management and treatment plan for the patient. I saw patients suffering from Substance abuse disorders and other psychiatric disorders in outpatient and inpatient clinics. I taught and supervised the nursing staff, psychology staff, and the pharmacist in our hospital.

As a senior psychiatrist, I treated patients suffering from substance use disorders, anxiety disorders, depression, OCD, sleep disorders, schizophrenia, schizoaffective disorders, bipolar disorders, dementia, delirium, etc. I supervised the nurses, counsellors and other staff members in the hospital. I also conducted classes for medical students, who visited the center as part of their rotations. In order to spread awareness about various psychiatric disorders, I delivered educational lectures at regular intervals, explaining the psychiatric disorders in simpler terms for the local population, to help them understand and recognize their psychiatric symptoms better and for the timely management of their disorder.

1. **University of Kentucky, Tele-rotation 05/15/20**

**Clinical Observer**

I attended the grand rounds titled ‘2020 practical update in Neurology and Neurosurgery’ as part of the tele-rotation at the Department of Neurology, University of Kentucky.

1. **University of Kentucky, Lexington, KY, United States of America, 05/2020 – 12/2020**

**Observer, Dr. Zain Guduru**

As part of tele-rotations, I attended virtual grand rounds on a regular basis, organized by the department of Neurology, University of Kentucky. I also worked on a case report and presented it as a poster titled 'MRI findings in acute hyperammonemic encephalopathy secondary to acetaminophen toxicity' at the Annual virtual meeting of the American Neurological Association 2021

1. **StatPearls Publishing LLC 05/10/2019 – 31/03/2020**

**Managing Editor**

StatPearls Publishing includes online peer-reviewed and PubMed-indexed reviewed articles and multiple-choice questions. As a Managing Editor, I reviewed and edited the multiple-choice questions related to psychiatry.

1. **Metro Health healthcare system (Case Western Reserve University), Cleveland Ohio - Adult, Geriatric Psychiatry and Child and Adolescent Psychiatry: 01/07/2019-19/07/2019**

**Clinical Observer**

During my 3-week rotation, I closely observed residents and attendings taking history, examining patients and formulating treatment plans for patients suffering from schizophrenia, schizoaffective disorder, depression, bipolar disorder, personality disorder, anxiety disorders, substance use disorders, dementia, ADHD, ODD, disruptive mood dysregulation disorder at the adult, geriatric and child psychiatry outpatient clinics and inpatient unit. I presented 2 topics- Holistic approaches in treatment of ADHD and on Bipolar disorder and got the chance to present a case on schizoaffective disorder. I also worked on research articles titled- ‘Excited Delirium, Late onset depression, Pseudodementia' which are published in PubMed and 2 case reports which were accepted as posters at the American Psychiatric Association Annual meeting 2020

1. **University of Kentucky, Lexington - Movement disorder clinic: 17/06/2019-28/06/2019**

**Clinical Observer**

During my two-week rotation at the Movement disorder clinic I observed the attending interviewing patients and formulating treatment plans suffering from Dementia, Parkinson disease, Tremors- Essential, Dystonic, chorea, Progressive Supranuclear Palsy, MELAS, Dystonia, Restless leg syndrome, Antipsychotic induced movement disorders, post DBS follow up cases. I also attended grand rounds and a seminar on Schwann Cells: Biology, Technology and Therapeutics.

1. **Albert Einstein Healthcare Network, Philadelphia- Geriatric Psychiatry Inpatient Unit: 27/05/2019- 14/06/2019**

**Clinical Observer**

During my 3-week long rotation at Einstein healthcare network, I attended daily morning reports, grand rounds, student lectures and morning meetings in the inpatient unit. I interviewed patients suffering from schizophrenia, bipolar disorder, schizoaffective disorder, MDD, dementia and typed the progress notes in word format for learning purpose. I observed the residents and the attending interviewing the patients and formulating the treatment plan. I got the chance to present 2 cases–MDD and bipolar disorder and a topic presentation on dementia. I also worked on a case report which is to be presented as a poster at the American Psychiatric Association Annual meeting 2021.

1. **Columbia University, New York State Psychiatric Institute and New York Presbyterian Hospital, New York USA: 29/04/2019-24/05/2019**

**Clinical Observer**

During my one-month rotation at the Columbia University, I attended the outpatient clinic, Child special needs clinic, inpatient unit and emergency department for one week each.

I attended Community meetings, evaluation meetings, morning report team meetings, DBT sessions, family therapy group, high risk assessment meetings, post discharge recovery meetings, mindfulness and spirituality group, positive thinking skills group, coffee group, current events group, goal setting group, women group, social exploration group, Yoga and meditation group, substance use group, independent living skills, pre-vocational skills, post-partum mood disorder and psychosis assessment group, school based staff meetings, special needs clinic staff meetings, talk on counter-transference, weekly grand rounds, classes on neuroanatomy and supportive psychotherapy with PGY1.

I also observed patient interviews with diagnoses of Schizophrenia, schizoaffective disorder, substance use disorder, bipolar disorder, borderline personality disorder, ADHD, selective mutism, anxiety disorders. I also got a chance to present a case on major depressive disorder without psychotic symptoms and presented 3 topics: bipolar disorder treatment, ADHD—treatment updates and treatment resistant schizophrenia.

1. **Embassy of India Clinic, Moscow, Russian Federation 02/2017 - 07/2017**

**Clinical Observer**

During my 6 months of observership in the Embassy of India, Moscow Clinic, I took history and examined patients suffering from common cold, fever, cough. I also helped my supervisor in screening psychiatric disorders eg anxiety, depression, adjustment disorders etc.

1. **Maulana Azad Medical College & GIPMER, India: 01/09/2016- 01/12/2016**

**Senior Resident**

In addition to the duties as a resident, as an attending I saw patients both in-patient and out-patient independently and offered non-pharmacological and pharmacological treatment to them, supervised junior residents, medical students, nurses and other staff members.

1. **Maulana Azad Medical College & GIPMER, India: 21/08/2013 -21/ 08/2016**

**Post-graduation Residency Training**

My clinical work as a resident included detailed evaluation of the patient -taking history, physical examination, detailed mental status examination (MSE), ordering lab investigations, and formulating management plan for the patient. I had to see indoor patients and attend out-patient clinics. I also attended Child & Adolescent and De-addiction Clinics. As part of Consultation-Liaison I had to see referrals sent to us from other medical departments. I have presented clinical cases, seminars and journal clubs. I showed keen interest in attending conferences, CMEs and Post Graduate Development Programs. I was actively involved in teaching medical students, nursing students and psychology students who would come for their rotations in our hospital.

I also honed my skills in administering ECT which was used for management of cases of schizophrenia and catatonia not responding to drugs and also for severe depression with suicidal behavior.

1. **Govind Ballabh Pant Hospital, New Delhi, India: 01/2013 - 04/2013**

**Junior Resident**

During my 4 months rotation in the department of cardiothoracic vascular surgery at Gobind Ballabh Pant Institute of Postgraduate Medical Education and Research I took history and examine the patients in the outpatient clinics and inpatient units. I withdrew blood for laboratory investigations, put Intravenous lines and removed stitches in the follow up clinics. I also observed the attending performing procedures in the operation theatre.

1. **Lok Nayak & associated hospitals, Delhi, India: 03/2011 - 03/2012**

**Intern**

12-month rotatory internship at Maulana Azad Medical College and associated Lok Nayak Jai Prakash Narayan Hospital, GB Pant Hospital and Guru Nanak Eye Centre. I rotated as an intern in the Departments of Internal Medicine (6 weeks), Surgery (6 weeks), Obstetrics and Gynaecology (8 weeks), Orthopedic Surgery (4 weeks), Pediatrics (4 weeks), Ophthalmology (2 weeks), ENT (2 weeks), Psychiatry (2 weeks), Anesthesiology (2 weeks), Preventive Medicine (8 weeks), Radiology (2 weeks) and ER (2 weeks). I worked up patients in Out Patient Clinics and presented history, physical examination, assessment and management plan of In-patients assigned to me, and put in their daily progress notes. I also learned management of common emergent conditions in the 24-hour emergency area and carried out various diagnostic and therapeutic procedures like intravenous access, ascitic/pleural tap, nasogastric intubation, endotracheal intubation, stitching of surgical wounds, urinary catheterization and performing CPCR.

**MEMBERSHIP AND HONORARY/PROFESSIONAL SOCIETIES**

1. American Psychiatric Association, APA ID: 299656

2. Delhi Medical Council, Registration No. 8580

3. American Neurological Association ANA ID: 1211668

**RESEARCH EXPERIENCE**

**Govind Ballabh Pant Hospital, India 08/2013 - 08/2016**

**Postgraduate Resident**

Post-graduation thesis during my Psychiatry residency at Govind Ballabh Pant Institute of Postgraduate Medical Education and Research affiliated to Maulana Azad Medical College titled “A study of the phenomenology and outcome of delirium in patients in a tertiary care hospital.” The study sample comprised of 40 patients more than 18 years of age. The study group included 20 males and 20 females. The patients evaluated for the study were from neurology intensive care unit (7), neurology emergency (6), gastrosurgery intensive care unit (5), cardiology ward (3), cardiothoracic vascular surgery intensive care unit (3), neurology ward (4), gastrosurgery ward (3), neurosurgery ward (2), G.I.surgery ward (2), gastroenterology ward (2), and cardiothoracic vascular surgery ward (3). Based on DRS-R-98 Scale, the study sample was divided into different motor subtypes: hyperactive, hypoactive and mixed group. All the patients included in the study had full syndromal delirium.

**PUBLICATIONS**

**Peer Reviewed Journal Articles/Abstracts**

1. Rani P, Sharma R, & Sekhon S. Acute Onset Chronic Inflammatory Demyelinating Polyneuropathy with Prostatic Malignancy. Neurology India. 2020, Oct; Accepted(Accepted): Accepted. Pub Status: Published.

**Poster Presentations**

1. Gadomski R, Sekhon S, Musunuri P. (May, 2021). A case report of Autism spectrum disorder initially misdiagnosed as schizophrenia P oster presented at: To be presented at the annual meeting of American Psychiatric Association; Los Angeles, CA, USA
2. Krimpuri R, Aung N, Horwath E, Sekhon S. (April 2020). Complete Autobiographical memory loss in a middle-aged woman: A case of transient dissociative amnesia: to be presented at the Annual meeting of the American Psychiatric Association; Philadelphia, PA, USA.
3. Sekhon S. (January 2017). Binge eating/purging type anorexia nervosa- An eating disorder Poster presented at: Annual National Conference of the Indian Psychiatric Society; Raipur, IND.
4. Sekhon S, & Guduru Z. (October, 2020). MRI findings in Acute Hyperammonemic Encephalopathy secondary to Acetaminophen toxicity Poster presented at: American Neurological Association Annual Virtual Meeting; Mount Laurel, NJ, USA.
5. Sekhon S, Gadomski R, Musunuri P. (March 2020). A case report of Autism spectrum disorder initially misdiagnosed as schizophrenia: to be presented at the annual conference of American Association for Geriatric Psychiatry; San Antonio, TX, USA.
6. Sekhon S, Thour A, Marwaha R, Nanda A. (April 2020). Tale of immigrant male: A case of Ulysses syndrome: to be presented at the Annual meeting of American Psychiatric Association; Philadelphia, PA, USA.

**Oral Presentations**

1. Niranjan V, Sekhon S, Jiloha R C. (January 2015). “Burnout syndrome among medical interns: Prevalence and gender differences” presented at: Annual National Conference of the Indian Psychiatric Society; Hyderabad, IND.
2. Sekhon S, Gupta M. (January 2016). Evidences from a longitudinal study of factors affecting outcome in patients of delirium presented at: Annual National Conference of the Indian PsychiatrIc Society; Bhopal, IND.

**Peer Reviewed Online Publication**

1. Khalili Y, Sekhon S, & Jain S. (2020, July 26). Carbamazepine toxicity. https://pubmed.ncbi.nih.gov/29939629/, Pub Status: Published
2. Sekhon S, & Gupta V. (2020, July 02). Mood Disorder. https://pubmed.ncbi.nlm.nih.gov/32644337/, Pub Status: Published
3. Sekhon S, & Marwaha R. (2020, July 05). Depressive Cognitive Disorders (Pseudodementia). https://pubmed.ncbi.nlm.nih.gov/32644682, Pub Status: Published
4. Sekhon S, Fischer M, & Marwaha R. (2020, June 29). Excited (Agitated) Delirium. https://pubmed.ncbi.nlm.nih.gov/31536280/, Pub Status: Published.
5. Sekhon S, Patel J, & Sapra A. (2020, June 29). Late Onset Depression. https://pubmed.ncbi.nlm.nih.gov/31855351/, Pub Status: Published.
6. Sekhon S, Sharma R, & Cascella M. (2020, July 21). Thunderclap Headache. https://pubmed.ncbi.nlm.nih.gov/32809464/, Pub Status: Published.
7. Sharma R, Sekhon S, & Cascella M. (2020, August 25). White Matter Lesions. https://www.ncbi.nlm.nih.gov/books/NBK562167/, Pub Status: Published.

**WORKSHOPS/SEMINARS ATTENDED:**

1. Tobacco cessation training programme, Society for tobacco control, Delhi University in November 2013.
2. ‘National Symposium on Headache Disorders- Diagnosis & Management’ organized by Department of Neurology GB Pant Hospital, New Delhi held on 1st December 2013.
3. International Workshop on Epilepsy, organized by GB Pant Hospital, New Delhi, held from 14-16th February, 2014.
4. Workshop on ‘the “Unique Journey of Serotonin Dopamine Stabilizer’ held on 13 July 2014 at New Delhi, organized by Behavioral and Neurosciences Academy of India.
5. PG development program on ‘Psychopathology-Illuminating the dark side of moon’ held on 26\_ 27th July 2014, Haryana organised by Department of psychiatry- All India Institute of Medical Sciences.
6. PG Development program on ‘Role of the psychiatrist in assessment and management of intellectual disabilities’ held on 20-21 June,2015, Mussoorie organised by Indian psychiatry society- North zone.
7. Seminar on ‘Schwann Cells: Biology, Technology and Therapeutics’ held on June 18, 2019 at the University of Kentucky, College of Pharmacy.
8. Serious Medical Illness and Covid-19: Tailoring ACT Teams, Group Homes, and Supportive Housing, CME, held on April 15, 2020 by American Psychiatric Society.
9. 2020 Practical Update in Neurology and Neurosurgery organized by University of Kentucky, USA on May 15, 2020.

**AWARDS**

1. Won 3rd prize in Post graduate development program in panel discussion under the section ‘VIEWPOINTS’ organized by Indian psychiatry society-North zone held at Mussoorie 20-21 June, 2015.

**CONFERENCES/CONVENTIONS ATTENDED**

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| **S.NO.** | **NAME OF THE CONFERENCE** | **PLACE** |
| 1 | Indian Psychiatry Society-NZ, 2013 | New Delhi |
| 2 | Indian Psychiatry Society- NZ 2014 | New Delhi |
| 3 | 1ST Global Conference biological psychiatry, India, 2014 | New Delhi |
| 4 | Annual National Conference of Indian Psychiatric Society (ANCIPS) | Bhopal, Madhya Pradesh |
| 5 | Annual National Conference of Indian Psychiatric Society (ANCIPS 2017) | Raipur, Chattisgarh |
| 6 | Conference on 'How to identify warning signs of childhood sex trafficking' | Morgan Stanley Children Hospital of New York Presbyterian, Columbia University |

**CMEs ATTENDED**

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| **S.NO.** | **NAME OF THE CME** | **PLACE** |
| 1 | Golden Jubilee CME-2015 | Department of Psychiatry, GB Pant Institute of Post Graduate Medical Eduaction and Research, New Delhi |
| 2 | Revisiting Women’s Mental Health | Department of Psychiatry and drug de-addiction center- Lady Hardinge Medical College, New Delhi |

**PERSONAL ATTRIBUTES**

I see myself as a determined and disciplined person who loves to work hard. I am ready to go the extra mile to achieve perfection & satisfaction. I am aware of my abilities and my weaknesses and do not hesitate to request for help from my seniors in the field.

**ADDITIONAL SKILLS AND INTERESTS:**

1. Languages: English (Advanced), Hindi (Native), Punjabi (Native), Spanish (Basic)
2. Reading
3. Yoga
4. Meditation

**Declaration:**

  I declare that the information given above is, to the best of my knowledge and belief, true and complete.

**Dr. SANDEEP SEKHON**