

Farha Ahmed Payyanil Karlath

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EDUCATION

ECFMG certified, (February 2022)

Government Medical College Kannur, India (2019-2022)

M.D General Medicine (Doctor of Medicine – post graduate medical education),
expected completion: June 2022

Coimbatore Medical College, Tamil Nadu, India (2012-2018)

M.B.B.S. (Bachelor of Medicine and Bachelor of Surgery)

HONORS & AWARDS

Finalist in Resident/Fellow Abstract Competition for residents by American College of Physicians, May 2020

Finalist in Doctors' Dilemma Quiz Competition conducted by American College of Physicians – India Chapter, December 2021

One in selected top 20 posters in the Poster competition by American College of Physicians – India Chapter, May 2020

Young Researcher Award by Institute of Scholars, February 2021

Finalist in oral presentation at 8th Annual Conference of Heart Failure Association of India, February 2022

3rd place in Poster Presentation by Association of Physicians of India, January 2020

Secured 97% marks in Basic Medical Biomedical Research certification by ICMR, India, April 2020

Finalist in South Zone APICON (Association of Physicians of India annual conference) 2021
Gold Medal for clinical excellence, November 2021

1st prize in symposium on Aphasia at Coimbatore Medical College, January 2020

VOLUNTEER EXPERIENCES

- 06/2020 – 05/2022
'eSanjeevani', Kerala, India
Consultant Doctor

'eSanjeevani' is Government of India's flagship telemedicine technology developed by Centre for Development of Advanced Computing (Mohali). eSanjeevani - a doctor to doctor telemedicine system is being deployed nationally for the Ministry of Health & Family Welfare at 155,000 Health and Wellness Centres under Ayushman Bharat Scheme of Government of India.

- 06/2016 - 07/2016
'Medi-Scene', Coimbatore, India
Organizer

'Mediscene' was a state level medical exhibition which was organized to create awareness and basic medical understanding among the public. It was tailored in such a way as to promote scientific thinking among the general population with the major target population being school children. The exhibition gained wide popularity and was appreciated by the Tamil Nadu state government. The one month long exhibition was supported by all the teaching faculty, thus making it a fruitful academic event for medical students as well.

- 06/2016 - 03/2017
'Artbeat', Coimbatore, India
Secretary

Artbeat was a cultural club of Coimbatore Medical College. It was a brain child of four medical students, including myself, to promote non-academic activities amidst stressful academic schedule. Various off stage and onstage cultural activities were organized by the club. After an year, the club was handed over to upcoming batches and ,we are proud that over years, the club has redefined the whole atmosphere of the medical school.

- 02/2016 - 03/2017
Editorial Board member, Coimbatore Medical College , Coimbatore, India

Apart from annual magazines that were being routinely published, an academic periodical named `Capsule` was initiated. It was published monthly and included interesting case reports , academic fun activities like crosswords, quiz,..etc.

- 02/2016 - 03/2017
Fine Arts Secretary, Coimbatore Medical College Students Union 2016-17, Coimbatore, India

- 08/2015 - 08/2015
Convenor, Breast feeding Campaign, Coimbatore, India

A breastfeeding campaign was arranged by the students of Coimbatore Medical College, under the initiative of a few of us, in the World Breastfeeding Week in 2015. The campaign was conducted in the rural outskirts of Coimbatore district of Tamil Nadu in order to create awareness about the importance of exclusive breast feeding up to six months of age.

- 02/2015 - 03/2016
Secretary, Coimbatore Medical College Eco club, Coimbatore, India

A voluntary group, formed under the initiative of a group of medical students to promote the participation of students in protecting their environment and creating awareness regarding the same. Two major projects under my leadership were 'Go Green' under which 100 saplings were planted and taken care of by 100 students, in memory of former Indian President Dr A P J Abdul Kalam; and 'No to Plastic' which led to discussion and implementation of innovative ideas to make the medical school campus plastic free.

WORK EXPERIENCES

- 05/2019 - 03/2022
Resident
Government Medical College, Kannur, Kannur, India

Currently, working in the Department of Internal Medicine as a resident with intense hands-on clinical training dealing with patients in the inpatient and outpatient departments, emergency room and intensive care unit. GMC Kannur is regarded as one of the best medical schools in India. Have been performing various diagnostic and therapeutic procedures like lumbar puncture, bone marrow aspiration and biopsy, thoracocentesis, intercostal chest tube insertion, central venous catheter insertion, haemodialysis catheter insertion, abdominal paracentesis, hepatic and renal biopsies, and fibre-optic bronchoscopy. Had rotations of one month each in gastroenterology, cardiology, nephrology and neurology. Had 15 days of rotation each in the departments of haematology, respiratory medicine, psychiatry, dermatology, oncology. Average work hours include 14 hours/day with twice weekly 24-hour duty in intensive care unit.

- 04/2018 - 04/2019
Medical Officer
Neo Medical Centre, Pandikkad, India

Worked as a medical officer in a 50 bedded hospital in a rural area. Conducted outpatient

clinics, admitted and treated patients on the medical floor. Attended calls in the ER. Attended calls from medical and surgical floors. Attended weekly CME for junior doctors.

- 03/2017 - 03/2018
Intern
Coimbatore Medical College, Coimbatore, India

The Internship program in Coimbatore Medical College included mainly two months of rotations each in the departments of Internal Medicine, General Surgery, Paediatrics and Obstetrics and Gynaecology. It also included fifteen days rotation each in Dermatology, Psychiatry, Ophthalmology, Otorhinolaryngology and Orthopaedics. During internship, gained extensive hands on experience in dealing with patients in the emergency room, intensive care unit, inpatient and outpatient departments. The internship also included three months of practice in the community through primary health centres and community health centres.

- 05/2016 - 06/2016
Observer
The Carney Hospital, Boston, MA, United States of America

Familiarized with the residency system in the United States. Accompanied the resident during the pre-rounds, actively participated during rounds, attended morning case discussions and noon conferences, presented academic topics and observed the conduction of Out Patient Clinic.

RESEARCH EXPERIENCE

09/2019 - 12/2019
ICMR-National Institute of Epidemiology, India
Trainee, Dr Manoj V Murhekar

Completed a 4 month course as a trainee in Basic Course in Biomedical Research organized by the prestigious Indian Council Of Medical Research (ICMR) and National Institute of Epidemiology, and completed all the modules with excellent grades with a consolidated assignment score of 97%. This course was an eye opener and paved way to various researches I took part in later, some of which have already been published and some are in the initial phases of data collection.

PUBLICATIONS

Karlath,F.A.P. May 2021. Hyperpigmentation – an uncommon diagnosis of a common disorder. American College of Physicians

<https://www.acponline.org/system/files/documents/membership/residents/competitions-awards/national-abstract-competition/residents-%20fellows-eposter-2021.pdf>

Karlath,F.A.P, Pramod V K, Beevi, K, Harikrishnan M. June 2021. Hemolytic anemia complicating pregnancy. European Hematology Society

<https://library.ehaweb.org/eha/2021/eha2021-virtual-congress/324218/farha.ahmed.payyanil.karlath.hemolytic.anaemia.complicating.p%20regnancy.html?f=listing%3D3%2Abrowseby%3D8%2Asortby%3D1%2Amedia%3D1>

Karlath,F.A.P. September 2020. Knowledge and Attitude to Information. Gathering practices related to COVID-19: A cross sectional study of Health care workers in Kerala. *Journal of Medical Science and Clinical Research*, 8(9): 8-10.

Karlath,F.A.P. March 2021. COVID 19 Reinfection: A Case Report. *Journal of Medical Science and Clinical research*, 9(3):31-34.

Sebastian,G.B, Kalra.I, Zameel, **Karlath,F.A.P,** Pillai.V. February 2020. Comparison of Various ECG Criteria in the Diagnosis of Left Ventricular Hypertrophy Using Echocardiography as Gold Standard. *Journal of evidence based medicine and healthcare* , 7(8):377-380.

Mathews,M, Surag, Beevi,K, **Karlath,F.A.P,** BinoD. February 2020. Demographic and clinical characteristics of COVID 19 mortality in Southern India; A single centre observational study. *International Journal of Health and Clinical Research*, 2022;5(1):258-262

Mathews,M., Rameshan.K., Harikrishnan.M, **Karlath,F.A.P,** Valliyot B.K. Changing pattern of mortality in first and second COVID-19 waves: A comparative study from North Kerala, India . *International journal of Epidemiologic Research* , Approved for publication.

PRESENTATIONS

Karlath,F.A.P. August 2020. A study of endothelial dysfunction in patients with NAFLD. *ACPCON (American College of Physicians – Asia chapter) 2020 /Virtual, IND.* [Poster presented].

Karlath,F.A.P. January 2020. Schmidt syndrome. *Annual conference of Association of Physicians of India.* [Poster presented].

Karlath,F.A.P. November 2019. Melioidosis – a rare presentation. *Association of Physicians of India – Clinical Skills Development Program, Kannur, IND.* [Poster presented].

Karlath,F.A.P. November 2020. Dapagliflozin in heart failure. 6th *National conference on diabetes – CUPID 2020, Virtual, IND.* [Oral presentation].

Karlath,F.A.P. December 2020. Association between left ventricular diastolic dysfunction and type 2 diabetes melitus. *Global Cardio Diabetes Conclave/Virtual, IND.* [Oral presentation].

Karlath,F.A.P. January 2022. Association between non-alcoholic fatty liver disease and left ventricular diastolic dysfunction in asymptomatic young individuals. 8th *Annual Conference of Heart Failure Association of India /Virtual, IND.* [Oral presentation]

PROFESSIONAL MEMBERSHIPS

Member of American College of Physicians (ACP)

Member of Association of Physicians of India (API)

Member of Institute of Scholars (InSc)

EDITORIAL BOARDS/ ACADEMIC CONTRIBUTION

- Reviewer, *British Medical Journal (BMJ)* (2020 - current)
- Rater, *McMaster Online Rating of Evidence (MORE)*, a clinical relevance online rating system to choose the most pertinent articles for ACP Journal Club and other evidence-based information services (2022-Current)
- Editor, *Futuristic Trends in Medical Science*, Iterative International Publishers, 2022
- Content creator, *Dr. Bhatia PG Medical Coaching Institute (DBMCI)* for Post Graduate Medical Entrance Examinations (2022-Current)

LANGUAGES

English (Advanced)

Malayalam (native/functionally native)

Tamil (functionally native)

Hindi (Intermediate)

PERSONAL DATA

US Visa Type – B1-B2

Marital status – Married

Hobbies – Reading, Writing, Listening to music