

Dr. Vijith B Hegde



Contact Details

Address : B-7/ 8 , Ram Kutir ,
Bangur Nagar Link Road ,
Goregaon West ,
Mumbai 400104

Email id

vijiy.hegde@gmail.com

Mobile no.

9930697581

Date of birth

4th January 1993

Languages

English
Hindi
Marathi
Kannada

Hobbies

Swimming
Running
Cricket
Table tennis

Career Objective

Seeking a challenging role as an Orthopaedic Surgeon that will allow me to use my skills in providing excellent patient care and surgical techniques along with teaching and research.

Professional Summary

I believe that good listening and communication skills are the foundation of a healthy doctor-patient relationship. I am eager to acquire new skills and gain knowledge.

Patient focussed approach, providing high quality, personal levels of healthcare to patients in all clinical environments. Warm, caring approach to patients and persistent in finding best treatment options available. Diagnose disease causes, symptoms and likely progression based on patient histories, examinations and diagnostic testing. Diligent about addressing every need with conscientious and detail-oriented approach. I have passion for helping patients to improve their health and wellness.

Current status

Completed post-graduation in M.S Orthopaedics in July 2023 from M.I.M.E.R Medical college and Dr.B.S.T.R Hospital , Talegaon Pune, Maharashtra.

Thesis approved by MUHS

Theory result: Pass

Practical result: Pass

Education

- ❖ 2011-2016 MBBS, Rural Medical College, Pravara Institute of Medical Sciences, Maharashtra.
- ❖ 2016-2017 Rotatory Internship at Pravara Rural Hospital, Ahmednagar, Maharashtra.
- ❖ 2020 M.S in Orthopaedics from M.I.M.E.R Medical college and Dr.B.S.T. R Hospital, Talegaon Pune, Maharashtra.

Areas of Interest

- ❖ Trauma, arthroplasty, arthroscopy, spine, hand and foot, paediatrics.
- ❖ Enthusiastic about utilizing my expertise and passion for orthopaedic surgery at a dynamic healthcare organization.

Clinical Experience

- ❖ Proven ability to effectively communicate with patients and their families, comprehensive history, physical examination, explaining diagnoses, treatment plans, and medications.
- ❖ Skilled in assessing, treating, and educating patients, resulting in improved outcomes and patient satisfaction.
- ❖ Collaborated with nursing and support personnel to ensure efficient and ethical patient care and with rehabilitation facilities resulting in improved functional outcomes and patient satisfaction.
- ❖ Involving myself in clinical case presentations, journal presentations and seminars.

Surgical Experience

- ❖ Emergency orthopaedics management like compound fractures and supracondylar elbow fractures.
- ❖ Surgical training in trauma, individually operated fractures around hip joint, closed nailing and plating for long bone fractures, external fixator application.
- ❖ Assisted arthroscopy of knee and shoulder, spine surgeries with instrumentation, complex hand and vascular surgeries and Total hip replacements in tertiary care centre.

WORKSHOPS AND CONFERENCES ATTENDED

- ❖ Bls and Acls workshop in 2016
- ❖ 5TH TIMACON 2020, 13TH DECEMBER
- ❖ RESIDENT AS TEACHER – BASIC WORKSHOP IN EDUCATION METHODOLOGY 18TH-19TH MARCH 2021
- ❖ BASIC COURSE IN BIOMEDICAL RESEARCH MARCH-JUNE 2021
- ❖ SURGICAL TECHNIQUES FOR DEGENERATIVE SPINE 24TH SEPTEMBER 2021
- ❖ BASICS OF KNEE AND SHOULDER ARTHROSCOPY – LEARN FROM THE MASTERS LIVE SURGICAL WORKSHOPS, MIMER MEDICAL COLLEGE AND BSTRH, TALEGAON 1ST OCTOBER 2021
- ❖ 9TH ANNUAL RESEARCH CONFERENCE, MIMER MEDICAL COLLEGE, NOV 2021
- ❖ 6TH ANNUAL TIMACON CONFERENCE TALEGAON, DEC. 2021
- ❖ 1ST ANNUAL CONFERENCE OF PIMPRI CHINCHWAD ORTHOPAEDIC ASSOCIATION PCOA-CON 2022 25TH-26TH JUNE 2022
- ❖ ORTHONOVA LIVE ONLINE TRAUMA SURGERY WORKSHOP, 6TH AUGUST 2022
- ❖ WORKSHOP ON GOOD CLINICAL PRACTICE(MUHS) 10TH AUGUST 2022
- ❖ 20TH ORTHOPEDIC POST GRADUATE TRAINING INITIATIVE "JOINTS" 26TH-28TH AUGUST 2022
- ❖ ORTHONOVA LIVE HAND SURGERY WORKSHOP, 17TH SEPTEMBER 2022
- ❖ 38TH ANNUAL CONFERENCE OF MAHARASHTRA ORTHOPAEDICS ASSOCIATION MOACON 2022
- ❖ ORTHONOVA LIVE FOOT AND ANKLE SURGERY WORKSHOP, 25TH NOVEMBER 2022
- ❖ OSTEOPOROSIS CONCLAVE- DIAGNOSIS, MANAGEMENT AND TREATMENT OPTIONS IN OSTEOPOROSIS AND FRACTURES 26TH NOVEMBER 2022
- ❖ ORTHOCON 2023 BASIC TOTAL KNEE ARTHROPLASTY COURSE, MANIPAL HOSPITAL BANER PUNE 8TH JANUARY 2023
- ❖ G.S. MEDICAL COLLEGE & KEM HOSPITAL MUMBAI P.G.TEACHING COURSE 2023, 6TH-8TH APRIL 2023
- ❖ ASSI LIVE OPERATIVE SPINE COURSE 2023- 17TH-18TH FEBRUARY 2023
- ❖ 8TH MIMER ORTHOPAEDIC CADAVERIC WORKSHOP DIFFICULT APPROACHES IN ORTHOPAEDICS 26TH FEBRUARY 2023
- ❖ 6TH STEVE ROCHA MEMORIAL STIMULUS PG TRAINING COURSE 20TH-21ST MAY 2023
- ❖ ORTHOCON 2023 ACL RECONSTRUCTION AND MENISCUS SURGERIES MANIPAL HOSPITAL BANER PUNE 2ND APRIL 2023

PUBLICATIONS-

- ❖ A PROSPECTIVE COHORT STUDY TO COMPARE CLINICAL OUTCOME FOR UNSTABLE INTER TROCHANTERIC FEMUR FRACTURES SURGICALLY TREATED WITH PROXIMAL FEMORAL NAIL-ANTI ROTATION NAIL VS PROXIMAL FEMORAL LOCKING COMPRESSION PLATE
[INTERNATIONAL JOURNAL OF SCIENTIFIC RESEARCH 2023](#)
- ❖ OUTCOME OF FIXATION OF PERIARTICULAR FRACTURES WITH COMPRESSION PLATES in a tertiary care hospital
[INTERNATIONAL MEDICAL JOURNAL 2023 VOL.-30 ISSUE 5](#)
- ❖ TO STUDY THE OUTCOMES OF EXTERNAL FIXATOR ALONG WITH MULTIPLE K WIRES FOR PROXIMAL HUMERUS FRACTURES
[INTERNATIONAL JOURNAL OF SCIENTIFIC STUDY 2023.](#)
- ❖ PRIMARY OSTEOARTHRITIS OF THE KNEE JOINT AND OSTEOPOROSIS IN POSTMENOPAUSAL FEMALES IN A TERTIARY CARE HOSPITAL
[INTERNATIONAL JOURNAL OF ORTHOPAEDICS 2021](#)
- ❖ RARE CASE OF BILATERAL TUBERCULAR SYNOVITIS OF THE KNEE JOINT.
[INDIAN JOURNAL OF RESEARCH 2023](#)
- ❖ A RARE CASE OF ANNURISMAL BONE CYST OF THE DISTAL HUMERUS IN AN 11-YEAR-OLD CHILD
[MIMER MEDICAL JOURNAL 2020 VOL.-4 ISSUE -2](#)
- ❖ A RARE CASE OF REVISION BIPOLAR HEMIARTHROPLASTY IN A 75-YEAR-OLD FEMALE
[MIMER MEDICAL JOURNAL 2021 VOL. -5 ISSUE 1](#)

PRESENTATIONS-

- ❖ PAPER PRESENTATION ON- "Outcome of fixation of periarticular fractures with compression plates in a tertiary care hospital" IN 9TH ANNUAL RESEARCH CONFERENCE, MIMER MEDICAL COLLEGE NOV 2021.
- ❖ POSTER PRESENTATION ON-"Transphyseal fracture dislocation of elbow in a new-born during caesarean section -Case report." IN 9TH ANNUAL RESEARCH CONFERENCE, MIMER MEDICAL COLLEGE NOV 2021.
- ❖ PAPER PRESENTATION- "Outcome of fixation of periarticular fractures with compression plates in a tertiary care hospital" IN 6TH ANNUAL TIMACON CONFERENCE TALEGAON, DEC. 2021
- ❖ POSTER PRESENTATION -"Transphyseal fracture dislocation of elbow in a new-born during caesarean section -Case report." 6TH ANNUAL TIMACON CONFERENCE TALEGAON, DEC. 2021
- ❖ PAPER PRESENTATION- "Outcome of fixation of periarticular fractures with compression plates in a tertiary care hospital" IN 1ST ANNUAL CONFERENCE OF PIMPRI CHINCHWAD ORTHOPAEDIC ASSOCIATION PCOA-CON
- ❖ PAPER PRESENTATION-"A prospective cohort study to compare clinical outcome for closed comminuted inter-trochanteric femur fractures surgically treated with proximal femoral nail -anti rotation 2 vs proximal femoral locking compression plate" IN MOACON 2022
- ❖ POSTER PRESENTATION- "A rare case of concomitant fractures of the radial head and capitellum with headless screws." IN MOACON 2022
- ❖ PAPER PRESENTATION-"A prospective cohort study to compare clinical outcome for closed comminuted inter-trochanteric femur fractures surgically treated with proximal femoral nail -anti rotation 2 vs proximal femoral locking compression plate" IN 7TH ANNUAL TIMACON CONFERENCE TALEGAON, DEC. 2021 – 1ST PRIZE Paper Presentation.