

CAESA NAGPAL

Education	<p><u>2010-2014</u>: General psychiatry residency, University of Texas Medical School, Houston</p> <p><u>2000 – 2005</u>: M.D. from Sri Guru Ram Das Institute of Medical Sciences and Research, Sri Amritsar, Punjab, India.</p>
Research Experience	<p>Presenting three posters at 2017 APA annual meeting.</p> <p>Presented Posters in 2014 on Road less taken Bipolar disorder in Pregnancy treatment and Depersonalization disorder at APA annual meeting.</p> <p>Conducted a cross-sectional study the disease and demographic characteristics of the population of Mehta village with focus to design intervention to address endemic tropical diseases. Duties entailed data collection, data entry, analysis and presentation.</p> <p>Participated in the data collection phase of a research study Prevalence of Tuberculosis, diabetes and hypertension in and around rural areas of the Amritsar, Punjab, India.</p> <p>Participated in the research on effect of various drugs like anticholinergics, cholinergics, antiadrenergics and adrenergics on the intestine of rabbit and heart of frogs. Recorded graphs of the effect of drugs and analysis of recorded graphs.</p> <p>Gave a presentation on Stages of labor and delivery, and partograph in medical school.</p>
Clinical Experience	<p><u>February 2015-Current</u>: Assistant Professor in Psychiatry, Mc Govern Medical School.</p> <p><u>September 2009</u></p> <p>Training- Dr Lucy Puryear, Psychiatrist, Houston. Here, I learnt to be able to assess perinatal mood and anxiety disorders; differentially diagnose postpartum depression, anxiety, OCD, and psychosis; assess prenatal and postpartum risk factors; and, psychosocial treatment plans. I am also planning to give a talk to the public sector on this topic.</p> <p><u>September 2008- December 2009</u></p> <p>Observership- Dr G. S Buttar, Psychiatrist, Houston. Here I attended outpatient clinics with him. Here I got the first hand experience in Psychiatry. I got the opportunity to see variety of psychiatry disorders likes Attention Deficit Hyperactive Disorder, Autism, Bipolar disorders, Schizophrenia, Depression, Anxiety disorders. I also got to know mechanism and side effects of various psychiatric drugs like Seroquel, Depakote, Haldol etc. I also got versed with history taking technique (Axis I, II, III, IV, V) and treatment protocols of psychiatry practiced in United States. I was also able to impart health education to patients to avoid smoking and drinking alcohol.</p> <p><u>December 2008-January 2009</u></p> <p>Observership- Dr Steven G Waguespack, Associate Professor, Endocrine Neoplasia and Hormonal Disorders University of Texas M D Anderson Cancer Center, Houston TX. Attended outpatient clinics, participating in the history taking, case discussions, and</p>

interpretation of various lab reports, treatment guidelines and follow ups. This experience have further strengthen my understanding of various protocols followed here and have given me chance to improve my skills for interpretation of various investigations. In my Observership, I was not only able to observe the system of health care in US from close quarters but also able to realize the difference of working in the most developed and modern system of health care delivery in the world. I was also able to keep abreast with the current clinical practice guidelines and the functioning of a US hospital.

January 2006 to February 2007

House Officer at Psychiatric clinic, Bhatinda, India.

Job description included- I was involved in the ward work and in-patient management duties: handling diagnosis, treatment and referrals of patients. I was particularly involved in the managed care of Schizophrenia and substance abuse patients. I also handled daily paperwork and maintained the treatment record. I also performed regular clinic duty, attending rounds and presenting cases; Emergency care of cases of acute psychosis and Constant patient monitoring.

January 2005 to December 2005

Did one year of compulsory rotatory internship from January, 2005 to December 2005 at SGRD Hospital Amritsar and its affiliated hospitals with postings in the clinical disciplines of Medicine, Pediatrics, Dermatology and venereal diseases, Surgery, Orthopedics, Ophthalmology, E.N.T., Preventive and Social Medicine and Psychiatry. During this period, I have directly interacted with patients, honed my clinical skills by performing numerous minor diagnostic and therapeutic procedures, assisted major procedures and surgeries and participated in the management of emergency cases under supervision. On several occasions, I have been a member of teams that conducted health visits to slum areas and treated common ailments, administered vaccines, imparted health education on Safe Delivery Techniques, Breast Feeding, Oral Rehydration Therapy, Immunization, Weaning etc. and also conducted School Health Visits.

USMLE

USMLE STEP 1 2/2008 (Pass)
USMLE STEP 2 CS 8/2008(Pass)
USMLE STEP 2CK 02/2009 (Pass)

Honors and Awards

Got Outstanding Resident award in 2012 (PGY2) and in 2014(PGY 4).
Ranked 5th in M.B.B.S.

Ranked 211 among 45,000 students in State Common entrance test conducted for admission in Medical schools in the State of Punjab.

Voluntary work

Participated in National Depression Screening in 2011, 2012.
Participated in Blood donation camps as an Intern: Motivation of people for blood

donation, Counseling, Blood testing, Blood collection etc.

Participated in Mid-Day Meal Program as an Intern: Nutritional evaluation of School children.

Participated in the Free Health Check-Up Camps as a volunteer: Treatment of minor ailments, Referral to higher center, Health advises, Dietary advice etc.

Participated in Pulse Polio Immunization drive as a Monitor: House to house delivery of vaccine to children under 5.

Participated in Free Eye Camps as a volunteer: Testing of vision, refractive error, Intra-ocular tension, Treatment of Minor eye ailments, surgical advice etc.

Participated in Flood Relief Camps as a volunteer: Vaccination, Treatment of minor ailments, Sanitation guidance etc.