

Curriculum Vitae

Thapa, Tista MD (Tista)

Date:10/1/2023

Personal Information:

Present Mailing Address: 2902 North Orange Ave Apt 211, Orlando, FL

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Medical Education:

- ❖ Residency: PGY- 3, Internal Medicine, Advent Health, Orlando, Florida
Start date 07/2021
Date of Graduation: 06/2024 (Anticipated)

- ❖ Medical School: Lumbini Medical College and Teaching Hospital, Nepal
Bachelor in Medicine and Bachelor in Surgery (M.B.B.S)
Duration: 02/2010 - 10/2015
Date of Graduation: 06/12/2015

Membership and Honorary/Professional Societies:

- ❖ Member of Nepal Medical Council (NMC)
- ❖ Member of Nepal Association (NMA)
- ❖ American College of Physicians (ACP)
- ❖ American Medical Association (AMA)

Certification/Licensure Board Certification:

- ❖ Nepal Medical Council
- ❖ ECFMG certified
- ❖ BLS and ACLS certified
- ❖ Training license from Florida Board of Medicine.

Work Experience:

- ❖ 07/2021 – Present Average hours/week: 65
Advent Health, Orlando, Florida, USA
Resident Physician, PGY-3

Internal Medicine

Anticipated Date of Graduation: 06/2024

- active management of a diverse range of patients, inclusive of both common and uncommon presentations, conducted through continuity clinic.
 - gained experience in both outpatient and inpatient services within the field of Internal Medicine, encompassing range of subspecialties.
 - possess proficiency in utilizing electronic medical record systems such as Epic, Cerner, and Athena.
 - Active engagement in daily didactics throughout the residency duration.
 - Acquired the necessary skills to proficiently execute medical procedures, such as Paracentesis, Endotracheal intubations and Central line insertions.
 - Engaged in Ultrasound course with a specific emphasis on the utilization of "Point of Care Ultrasound" (POCUS) in my future professional practice.
 - actively engaged in the interpretation of findings from Echocardiographic studies.
 - actively engaged in journal clubs and Critical care conferences on a monthly basis to remain updated on evolving medicine. Presented PowerPoint presentations on various topics within the realm of Internal Medicine to both residents and faculty members.
 - acquired knowledge pertaining to the critical evaluation of scientific papers, as well as the limitations and scope of its application in everyday professional practice
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- Scholarly activities:
 - Submitted for Presentation/Publication:
 - A Race Against Time: The Swift Onset and Early Demise in Lambda-Restricted Plasma Cell Dyscrasia with Cardiac Infiltration. Nepal S, Thapa T, Sapkota R, Bhatt N .2023.
 - Leser-Trélat sign as a dermatological detective in ovarian malignancy- Nepal S, Thapa T, Sapkota R, Bhatt N Skin Talks: 2023.
 - Involved in teaching and learning activities/opportunities with medical student and P.A students.
 - Involved in Patient Safety /Quality Improvement projects: "Improving Physician compliance to diabetic foot examination in IMR clinic"; and "Improving quality of care for NPH patient".

❖ 02/2017 - 07/2019

Average Hours/Week: 72

Palpa Hospital, Tansen, Nepal

Under contract with the Hospital Development Committee, I was appointed as Medical Officer.

I worked as a primary care physician.

Major responsibilities:

- Provide acute medical care and minor surgical care.
- Provide healthcare and follow-up the patient at the ambulatory clinics.
- Conduct antenatal care, normal delivery, newborn care and resuscitation.
- Conduct a pediatric clinic and immunization
- Provide basic health information to the general public through health awareness programs.

- Record and maintain healthcare data in Health Management Information system.

❖ 04/2016 - 02/2017

Average Hours/Week: 72

Neuro -Cardio & Multispecialty Hospital, Biratnagar, Nepal

Medical Officer

- Provided urgent and critical care in the Emergency Department and Cardiology department including CCU of tertiary and referral center.
- Evaluate the health status of patients, prescribe initial diagnostic tests and medications, recognize critical requirement for cardiac intervention under the guidance of a cardiologist, administer Post- MI care, and execute resuscitation measures.
- Attended daily in-patient rounds and was involved in the admission, discharge, and referral of patients admitted to the floor and CCU.
- Participated in procedures like Thoracentesis, Paracentesis, Central line placement and Lumbar puncture.

❖ 12/2015 - 03/2016

Average Hours/Week: 56

Nobel Medical College & Teaching Hospital, Biratnagar, Nepal

Medical Officer

- collaborated with residents and attending physicians to deliver essential and immediate medical attention within the ICU/HDU department.
- Participated in daily rounds, consistently monitored the condition of patients, examined medical records, and prescribed essential examinations and medications.
- Provided guidance to patients and their family members.
- Performed procedures like Central venous access, thoracentesis, paracentesis, and lumbar puncture. Endotracheal intubations, spontaneous breathing trials, resuscitations.
- Participated in 3 days long rural health camp serving medical care at free of cost.
- Attended seminars and CMEs.

❖ 10/2014 - 10/2015

Average Hours/Week: 72

Lumbini Medical College and Teaching Hospital, Pravas, Tansen, Nepal

Intern physician

- Hands-on experience with patients in various departments under the supervision of senior faculties.
- Attended ICU, ED, clinic, floors in day and night floats where I was involved in admitting/ discharging patients, taking a history, performing examinations, offering medical counseling, and managing the patients. Undertook many procedures that included gaining venous access, drawing ABG samples, catheterization, insertion of Ryle's tube, intubation, and lumbar punctures.
- Participated in daily rounds, grand-rounds case presentations, and seminars. I order necessary investigations, consultations, and medications and transfer or refer or discharge patients admitted to the floor.

- Actively participated in rural health camps along with the experienced team of the respective departments.

Volunteer Experience

❖ 01/2016 - 01/2016

Nobel Medical college and Teaching Hospital, Nepal

Organized at Panchthar, Nepal

Served as Medical officer.

Supervising physician: Dr. Surendra Shah

- Volunteered to participate in Free medical camp organized by the medical institution and local community partners.
- Provided basic health care and education to marginalized population of rural areas.

❖ 03/2012 - 03/2012

UNYSAN/ UN Youth, Tansen, Palpa, Nepal

Volunteer

- Volunteered for community awareness program about Tuberculosis campaign to stop the chain of transmission on World TB Day 2012.
- Conducted mass rally with distribution of awareness pamphlet through the town of Palpa.
- Discussed about Tuberculosis and its impact on health with multiple community stakeholders at the end of the rally.

Unites States Clinical Experience (USCE):

❖ 07/2020 - 07/2020

Average Hours/Week: 30

West Orlando Internal Medicine Clinic, Orlando, FL, USA

Medical Observer

Dr. Osama Ansari

- Observed Outpatient IM clinical practice in Orlando, Florida.
- Learned about EMR system and HIPPA and its importance in clinical practice.
- Observed healthcare workers from diverse backgrounds working for common goal i.e. Optimal Patient care.
- Brief understanding to healthcare plans and insurance policies
- Became familiar with Electronic Medical Records- eClinicalWorks

Hobbies & Interests

Travel new places, Watching Movies and listening to Music, cooking and spending time with family.

Language Fluency

English: Advanced I speak very accurately, and I understand other speakers very accurately. Native speakers have no problem understanding me, but they probably perceive that I am not a native speaker.

Nepali: Native/functionally native I converse easily and accurately in all types of situations. Native speakers, including the highly educated, may think that I am a native speaker, too.

Hindi: Native/functionally native I converse easily and accurately in all types of situations. Native speakers, including the highly educated, may think that I am a native speaker, too.

References:

*Internal Medicine Residency program
Suite 235, 2501 North Orange Avenue
Advent Health, Orlando, Florida 32804
Telephone: 407-303-7270*

Dr. George Everett - Internal Medicine Chair

Dr. Dwayne K. Gordon - Program Director

Dr. Manoucher Manouchehri – Associate Program Director

Dr. Daniel Tambunan - Assistant Program Director /Mentor

Dr. Karen B. Echeverria- Assistant Program Director