

# **CURRICULUM VITAE**

***Rajesh N Gongal FRCS( Eng) , FRCSEd***

### **Personal Data**

Name	Rajesh Nath Gongal
Date of birth	25.12.1961
Nationality	Nepalese
Address	Tripureswor,(Behind Hotel Orchid) Kathmandu, Nepal Tel.:4242977, 4243977,9851099007 E-mail: <a href="mailto:rajgongal@yahoo.com">rajgongal@yahoo.com</a> .
Marital status	Married
Father's name	Dr Dinesh N Gongal
Mother's name	Kamala Gongal
Grand Father's name	Krishna Bahadur Gongal
Wife	Munu Gongal

### **Full Registrations**

Bihar Medical Council	Registration no.24851
Nepal Medical Council	Registration no.1442
General Medical Council (UK)	Registration no.4244129

### **General Education**

St.Xavier's School Katmandu Nepal	School Leaving Certificate 1970-1978
University of Cambridge	School Certificate 1978
Amrit Science College	Certificate Level 1979-1981

Based on the results gained here, I was awarded the **Colombo Plan** Scholarship to study Medicine in India.

### **Medical Education**

Darbhanga Medical College, India MBBS 1981 – 1988

Ranked first in I MBBS Exam and third in FINAL MBBS Exam.

### **Post Graduate Qualification**

**FRCS (Eng) 1993**

**FRCSEd (without Examination) 2001**

### **Medical Experience**

#### **Pre-registration appointment**

Rotating internship

Darbhanga Medical College, India Dec.1988-Dec.1989

#### **Post- registration appointments in Nepal**

##### **Resident Medical Officer [SHO]**

Department of Surgery Feb.1990-Jan. 1991

Department of Accident Surgery Feb.1991-July 1991

##### **Registrar**

Department of Surgery Aug.1991-Jan1992

All at BIR HOSPITAL, Katmandu, Nepal

## **Appointment in UK**

### **Senior House Officer (SHO) in:**

Orthopedics and Trauma Gwynedd Hospital, Bangor	Feb. 92-July-92
General Surgery with Urology Llandudno General Hospital, Llandudno	Aug.92-Jan.93
General and Breast Surgery Gwynedd Hospital, Bangor	Feb. 93-July 93
Urology with Gen.Surgery Gwynedd Hospital, Bangor	Aug 94 – Jan.94
General Surgery Gwynedd Hospital, Bangor	Feb. 94-March 94

### **And as Registrar in:**

General, Breast and Endocrine Surgery Victoria Hospital, Blackpool	April 94 – June 95
General and Vascular Surgery Hope Hospital, Salford	July 95–April 96
General and GI Surgery Royal Bolton Hospital, Bolton	May 96 – Oct. 97
General and Breast Surgery General Hospital, Jersey	Oct. 97–Oct. 98
Training in Hepatobiliary Surgery Prince of Wales Hospital, Hongkong	Jun 2000-Nov 2000

## **Appointments in Nepal**

Senior Registrar, Gen. Surgery Patan Hospital, Kathmandu	Dec.98 – March 2000
Consultant Surgeon Patan Hospital	March2000– March2007
Medical Director Patan Hospital	April 2007- Oct 2009

## **Current Post in Nepal**

**Dean Of Patan Academy of Health Sciences since October 2009**

## **Others**

### **Founding Chairman and Consultant, Hospice Nepal**

Hospice Nepal is first organization to be established in the country to provide and promote palliative care, a concept of continuing care in advanced life threatening diseases when cure is no more possible. It was established in 2000 and now has an independent 9 bedded inpatient unit in Lagankhel. It also run home based community care for such patients. It is a charitable organization. The service rendered in Hospice is completely voluntary.

### **Founding Chairman, Primary Trauma Care Nepal**

Primary Trauma care Nepal established to provide training in the management of acute trauma care. This is a short course similar to Advanced Trauma Life Support (ATLS). It was started in 2003 with the help from PTC Foundation UK. It has already organized more than 75 courses both in and out of the valley training more than 1000 doctors and paramedics. It aims to make several regional centers capable of running courses independently in their own area. The service, both administrative and training in courses, is completely voluntary.

### **Founding President, Nepal Ambulance Service**

Nepal Ambulance Service (NAS) has been established to develop and provide proper ambulance service (Emergency Medical System) with trained paramedics to improve the pre-hospital care of the patients. This is a not for profit organization founded in 2009. The service provided to NAS is completely voluntary.

### **Chairman, Disaster Response Committee, Patan Hospital**

Disaster Response committee was formed in Patan hospital in 2003 to review already present disaster management plan and to organize annual mock drills. I was asked to take up the chairmanship from its inception following which two revisions of the plan has been made and annual mock drills have been organized.

### **Course developer and convener, Basic Surgical Skills Course**

I was actively involved in developing a two day course in Basic Surgical Skills for post graduate surgical residents for NAMS. This course is held annually. A handbook was also prepared for this course.

### **Course Developer and Co-ordinator, Palliative care course**

I was also actively involved in developing a two day palliative care course for doctors and nurses. This trains the health care workers in looking after patients with life threatening illness like cancer in their last stages. It also teaches them to care for dying patients. Several courses has already been held and further courses are planned both in Kathmandu and outside.

### **Co-ordinator, Workshop on concepts of Palliative care for the public**

A half day workshop in concepts of palliative care has been developed for the public to spread the concepts of care of terminally ill patients. Three such workshops has been conducted very successfully, the last one being for volunteers of Nepal Cancer Relief Society.

### **Chief Editor, Journal of Society of Surgeon of Nepal(JSSN)**

**JSSN** is a journal of society of surgeons of Nepal dedicated to surgery and allied subjects. Four issues a year are published. I have been the Chief Editor from 2002 till 2006.

**Instructor**, HOPE (Hospital Preparedness for Emergency) Course

**Instructor**, Primary Trauma Course

**Instructor**, Palliative care course

## **Presentations in National and International conferences:**

### **Presentations made by myself:**

*Transcholecystic Cholangiogram : a prospective pilot study* presented at the V International Conference of Surgical Society of Nepal (SSN)

*GTN Ointment in treatment of Chronic Anal Fissure: a prospective study* presented in III National Conference of Surgical Society of Nepal 2001

*Prevalence of gallstone disease in Nepalese population* presented in VI International Conference of Surgical Society of Nepal 2002

*Use of un-crossmatched Group specific blood: how safe is it?* Presented in IV National Conference of Surgical Society of Nepal 2003

*The right to Know : a population survey on informing patients about cancer* presented at IV National Conference of Surgical Society of Nepal 2003

*Is CT scan necessary preoperative investigation in Gastric cancer* presented at IV National Conference of Surgical Society of Nepal 2003

*Informed Consent : is it enough?* presented at IV National Conference of Surgical Society of Nepal 2003

*Management of Locally advanced breast cancer* presented at the Workshop for national protocol development of cancer of lung and breast June,2004

*Should we inform patients about cancer?* Presented in International Work Group on Death, Dying and Bereavement. Hong Kong 2005

*Emergency Medical Service in Nepal.:* Presented in VIII International conference of Society of Surgeons of Nepal 2006

*PTC in Nepal* . presented in First South Asia PTC Meeting. Pakistan 2007

**Presentations made by other members of the team:**

*Is CT scan necessary preoperative investigation in Gastric cancer* presented at IV National Conference of Surgical Society of Nepal 2003  
S Paudel, R Gongal

*Audit of Laparoscopic cholecystectomy at Patan Hospital* presented at the V International Conference of Surgical Society of Nepal (SSN) 2000

*Role of naso gastric tube in Gastric surgery* . presented in VI International conference of Society of Surgeons of Nepal .  
P Subedi, R Gongal

*Randomised Controlled study of usefulness of information leaflet as an adjunct for improving patients understanding in the process of taking informed consent* . D Maharjan, R Gongal

*Mode of transport used by ER patients : a survey*. Presented in VIII international conference of Society of Surgeons of Nepal 2006 .  
B Dhungel, R Gongal

*Retrospective study of Choledochoduodenostomy*. Presented in VIII international Conference of Society of Surgeons of Nepal .S Paudel, R Gongal

*Management of Oesophageal Varices in Patan Hospital*. Presented in VIII international Conference of Society of Surgeons of Nepal. S Malla, S Yang, R Gongal

*A study of appropriateness of CPR in Patan Hospital*. Presented in VIII international Conference of Society of Surgeons of Nepal. P Maskey, R Gongal ( **awarded the B & B best paper award**)



## Publications

1. Gongal R, Jaiswal VK, Shrestha M, Shah J, Yang S, Maskey CP. GTN ointment in treatment of chronic anal fissure: a prospective study. Journal of Society of Surgeons of Nepal.(July2002) Vol 5(1).47-49  
*Almost 60% of chronic anal fissure healed with 0.2% GTN ointment without having to undergo surgery.*
2. Jaiswal VK, Bhujju S, Gongal R. Ileosigmoid knotting. Journal of society of Surgeons of Nepal. (march2003)Vol 6(1)79-80.
3. Gongal R ,Parmar B, Suwal B. Prevalence of gallstone disease in Nepalese population. Journal of Society of Surgeons of Nepal(Jan2005)Vol 8(1)  
*The overall incidence of gallstone was 4.9% in Nepalese population with slightly increased incidence in female( $p = NS$ ).*
4. Gongal R, How safe is transfusion of uncross-matched group specific blood? Kathmandu University Medical Journal.Vol3.No 1,issue 9:76-78  
*It is safe to transfuse uncross-matched group specific blood in exsanguinating patients when cross-matched blood is not available.*
5. Gongal R,Jaiswal VK, Gastric volvulus due to wandering spleen: a case report. Journal of Society of Surgeons of Nepal(May2005)vol 8 (2)
6. Gongal R,Bhattarai P. Informed Consent: is it really understood ? Kathmandu University Medical Journal.Vol3.No3,Issue 11:271-73  
*44% of the patients undergoing surgery understood very little about the disease and surgery. 37 % had moderated understanding and only 19 % understood well*
7. Shah JN, Bhujju S,Gongal R, Shrestha M,Yang S,Jaiswal VK Needle aspiration of lactating Brest abscess: a prospective study. Journal of society of Surgeons of Nepal(Oct2005)Vol 8(3),30-35  
  
*More than 90% of breast abscess can be cured by needle aspiration without the need for formal incision and drainage under GA.*
8. N Haleem, M Shrestha, R Gongal. Spontaneous Retroperitoneal haematoma: a case report. Journal of Society of Surgeons of Nepal.(Dec2005)Vol8(4)38-40
9. Gongal R,Vaidya P,Jha R, Rajbhandari O, Watson M Informing Patients about cancer in Nepal: what do people prefer. Palliative Medicine.2006 Vol 20(4) ,471-476  
*Majority of people in Nepal (.80%) would like to know of their disease like cancer even when it is incurable.*

10. Gongal R, Dhungana B, Regmi S, Nakarmi M, Yadav B. Need for improvement in Emergency Medical Service in Urban Cities. Journal of Nepal Medical Association. 2009 Vol 48(2)139-143  
*Only 10% of patients attending ER arrive in ambulance. Most ambulances are poorly equipped and do not have trained staff and are only means of transportation.*
11. Kumar M, Yang SB, Jaiswal VK, Shah JN, Shrestha M, Gongal R. Is prophylactic placement of drain necessary after subtotal gastrectomy? World Journal of Gastroenterology. 2007 July;13(27):3738-41
12. Gongal R, Maharaj D. Information leaflet as adjunct to verbal counseling in obtaining informed consent. Journal of Nepal Medical Association. 2010 Vol 49(178)117-120  
*Addition of information leaflet significantly increases the understanding of the disease irrespective of their educational status.*
13. Handbook of Basic Surgical Skills
14. Handbook of Palliative Care